

# Community Education

Independent School District 197

## Fall 2004

Thompson Park Activity Center  
Adult, Family & Youth Classes & Activities  
Early Childhood Family Education  
Adult Basic Education  
Town Square TV



*Información en Español en página 3*

Mendota      Mendota Heights      Eagan      Sunfish Lake  
Lilydale      West St. Paul      Inver Grove Heights

# A Letter from the Director



## Fall Greetings from the Community Education Director:

I am pleased to announce the availability of online registration at our new combined web site with South Saint Paul and Inver Grove Heights Schools.

To register for a class online, go to our secure web site at [www.celearn4ever.org](http://www.celearn4ever.org) and you will see adult and youth enrichment classes listed. Just simply click on the category on the left side, entitled, adult, aquatics, and youth enrichment and you will view a page listing all of classes in that category. Click on a class and the information that you need appears in front of you. Click on the “complete registration” box and then follow the instructions to register. You will receive a registration confirmation by email. It is so fast, simple and easy!

If you just need general information on our other Community Education programs, such as Early Learning, Preschool, School Readiness, School Aged Care, Aquatics, Volunteers, Adults with Disabilities, Adult Basic Education, Drivers Education or Older Adults go to our general web site: <http://www.comed.isd197.org/>.

For information on the school district, ISD 197, click on <http://www.isd197.org/>.

We are always interested in your comments and suggestions for ways to improve our brochure, make suggestions for new classes and now, to give us your comments on our new online registration web site; please feel free to send your comment and or suggestions for improvements to [Bernadette.Wood@isd197.org](mailto:Bernadette.Wood@isd197.org). Thank you in advance for taking the time to do this. Your comments are appreciated!

My thanks to the Community Education staff who have worked so hard to make this online registration a reality. What you see when you go to our web site represents many, many hours of hard and creative work on their part.

Have a great fall and don't forget to check out all of our community education programs, especially those adult and youth classes listed on our web site! [www.celearn4ever.org](http://www.celearn4ever.org).

*Bernadette*

Dr. Bernadette Wood



*Community Education catalogs are published three times a year, Catalog production coordinated by Dave Manthey, District 197 Community Education, 1897 Delaware Ave., Mendota Heights, MN.*

## What Does the Advisory Council Do?

Community Education is a department of the public schools responsible for early learning programming, such as preschool, Early Childhood Family Education and School Readiness; K-12 programs, such as youth enrichment and School Age Care; and, adult programs including adult literacy, adult basic education, adult enrichment and older adults programming.

The Community Education Advisory Council works in partnership with the Community Education Director to assess community needs, plan for programming and evaluate program effectiveness. Community Education works best when all parts of the community are represented on the council. If you are interested in serving on the council, call 651-681-2389. Monthly council meetings are open to the public.

### 2004-05 Community Education Advisory Council members

Don Buckner  
George Fell-ISD 199/6 CEAC Liaison  
Wendy Felton-ISD 199/6 CEAC Liaison  
Steve Goldade  
Karen Kilduff  
Karl Kuester  
Darleen Lewis  
Mary McGroary-Usset  
ISD 197 School Board Liaison  
Dawn Nichols  
Mike Petrasek  
Cherian Puthiyottil  
Joel Whitcomb

### ISD 197 School Board Members

Lani Bennett, Chair  
Kent Mogler, Clerk  
Maximillian Saucedo, Treasurer  
Tami Bakeberg  
Becky González-Campoy  
Mary McGory-Usset  
James T. Nikolai

# Facilities Referendum

September 14, 2004

On June 7, 2004 the School Board of Independent School District 197 unanimously approved a Facilities Referendum to be held on Tuesday, September 14, 2004.

The referendum question for \$61.1 million would address \$56.2 million for facility improvements and \$4.9 million for technology:

- ▶ Facility improvements of \$56.2 would address \$31.9 million related to building deterioration primarily at the five elementary schools and Henry Sibley High School (building deterioration includes major repairs such as concrete, asphalt, heating/ventilation, plumbing, electrical, roofs, etc.)
- ▶ Instruction space upgrades include \$8.3 million for the elementary schools and \$15 million for secondary schools; the balance of \$900,000 would address district-wide infrastructure needs.
- ▶ Technology funds of \$4.9 million would provide \$490,000 per year for ten years to replace old technology, increase the number of computers available to students, and allow the district to maintain a five-year replacement cycle.

The School board decision to hold a referendum follows several years of analysis as well as community input:

- ▶ In 2001 Wold Architects and Engineers completed a Facility Analysis study and developed a Cyclical Maintenance Program.
- ▶ In 2002 Roger Worner conducted an Organizational Analysis study.
- ▶ A Facility Planning Task Force was established in January, 2003 to assess the state of school facilities and make recommendations to the school board.
- ▶ During 2003, a demographic study was conducted.
- ▶ In 2004 the District Technology Department issued a formal Technology Plan.
- ▶ During January and February 2004, Community Focus meetings were held in ten different locations to solicit community viewpoints.
- ▶ Two public information sessions were conducted in May 2004 at Heritage and Friendly Hills Middle Schools.

Community feedback and various recommendations from recent studies led to the unanimous school board decision.

The estimated monthly property tax increase on residential homestead properties is as follows:

Property Value	Monthly Increase
\$175,000	\$16
\$200,000	\$18
\$250,000	\$23
\$300,000	\$28
\$350,000	\$32

For further information call 651-681-2383 or visit our website at [www.isd197.org](http://www.isd197.org).

## Exciting Fall Activities

### Exploring our Roots

Join noted photographer, Doug Ohman, for a five-part series exploring churches, school houses, landmarks, barns, and courthouses in Minnesota. The classes will be held at Thompson Park Activity Center, 1200 Stassen Lane, West St. Paul on Friday, October 1, 8 and 29 and November 5 and 12 from 10-11:30 am. There is a \$5 fee for each class or the fee for the whole series is \$20.

### Reptile and Mammal Show

Be part of an interactive hands-on journey through the amazing world of reptiles and mammals. You will learn where each animal lives, what they eat and what their colors mean. The instructor is John Carlson, owner of Dakota Wild Animals. The show will be presented on Saturday, October 16 from 10-11 am at Heritage School and on Saturday, January 8 from 10-11 at Friendly Hills School. There is a \$9 fee.

### Family Sports- A Parent/Child Activity

Come and join a sports program offering a variety of athletics. Learn a sport and have fun as a family. The class will meet at Mendota School on either Tuesday, September 28-October 26 (Flag Football) or Thursday, September 30-November 4 (Soccer) from 5-6 pm. The fee is \$15.

### The Home Fix-Up Series

Whether you live in a new home or one that is several years old, there are projects that need to be done. All classes will be held at Mendota Plaza Do It Best Hardware, 750 Highway 110. The fee is \$9 for each class in the series.

#### Screens and Windows

Saturday, October 2 from 9-11 am

#### Socket and Switch Repair

Saturday, October 9 from 9-11 am

#### Basic Plumbing Repair

Saturday, October 16 from 9-11 am

## Community Education Programs

### Dr. Bernadette Wood, Director

#### Community Education 651-681-2389

Lifelong learning opportunities for all residents of ISD 197

#### Access Project—651-681-2389

Access to all Community Education programs for adults with disabilities living within ISD 197.  
David Manthey, Coordinator

#### Adult Learning and Aquatics—651-681-2389

Year-round educational, social, cultural, aquatics and recreational activities for adults or families.  
David Manthey, Coordinator

#### Adult Basic Education—651-457-9441

ABE, ESL and Workforce Center ABE and Family Learning programs under a consortium with Dakota County.  
Kathleen Beatty, Coordinator

#### Early Learning Programs—651-405-2638

Early Learning offers programs for families prenatally to kindergarten age, such as Early Childhood Family Education, Play n' Learn, Preschool classes, School Readiness and home visiting.  
Sharon Gagner, Coordinator

#### Facility Scheduling—651-681-2397

For scheduling all ISD 197 facilities after 4 p.m.  
Sonya Fruen, Scheduler

#### Older Adults—651-450-8291

Programs, activities, trips, classes and events for adults over 55.  
Barb Eschle, Coordinator

#### Office of Volunteers—651-681-2365

Volunteer opportunities in all schools. Programs and partnerships that enrich curriculum and benefit students.  
Sue Doffing, Coordinator

#### School Age Care—651-905-4091

Before and after school and summer care provided for students grades K-8. A variety of recreational and educational activities are offered.  
Sherry Green, Coordinator

#### Youth Programs—651-681-2397

After school and summer youth enrichment programs.  
Sandy Unger, Coordinator

## Programas de Educación a la Comunidad

Por mas informacion: Llame Alex Iberra 651-405-2550

### Dr. Bernadette Wood, Directora

#### Educación a la Comunidad 651-681-2389

Oportunidades de aprendizaje para todos los residentes del Distrito 197

#### Proyecto de Acceso – 651-681-2389

Acceso a todos los programas para adultos con discapacidades que viven en el distrito 197.  
David Manthey, Coordinador

#### Enriquecimiento para Adultos y Natación – 651-681-2389

Actividades sociales, culturales, recreativas y de natación durante todo el año para adultos o familias.  
David Manthey, Coordinador

#### Educación Básica para Adultos – 651-457-9411

Educación para adultos, Inglés como Segunda Lengua, y programas para Educación Familiar bajo un consorcio con el Condado de Dakota.  
Kathleen Beatty, Coordinadora

#### Programas de Educación Temprana – 651-405-2638

Estos programas ofrecen actividades para familias con recién nacidos (o esperando un bebé) hasta niños de 5 años: Educación Familiar, “Play-n-Learn”, Preescolar, “School Readiness”, y visitas a hogares.  
Sharon Gagner, Coordinadora

#### Horarios/Reservaciones de salones – 651-681-2397

Para reservar un lugar (escuela, salón,etc) del Distrito # 197 después de la 4:00 de la tarde.  
Sonya Fruen, Coordinadora

#### Adultos Mayores – 651-405-8291

Programas, actividades, viajes, clases y eventos para adultos mayores de 55 años.  
Barb Eschle, Coordinadora

#### Oficina de Voluntarios – 651-681-2365

Oportunidades para los voluntarios en todas las escuelas. Programas y compañerismo que enriquecen el currículum y benefician a los alumnos.  
Sue Doffing, Coordinadora

#### Cuidado de Niños – 651-905-4094

Cuidado antes y después de las actividades escolares y también durante el verano para alumnos de Kínder a octavo grado. Se ofrece una variedad de actividades recreativas y educativas.  
Sherry Green, Coordinadora

#### Programas para Adolescentes – 651-681-2397

Programas de enriquecimiento para adolescentes después de las actividades escolares y durante el verano.  
Sandy Unger, Coordinadora

## Fitness for the Whole Family

In today's fast-paced world, it can be challenging for families to find the time for physical activity or fitness. In fact, recent research shows that many kids and their parents don't exercise at all. This has resulted in increased overweight and obesity in America's youth and can lead to serious problems like heart attacks and diabetes later in life. Exercising together is a fun way for families to spend time together.

## Family Sports ♦

Come join a sports program offering a variety of athletics. Learn a sport and have fun as a family! Maximum: 13 youth (grades 1-4) and adults.

*Instructor: Jon Holtz is the very popular Phy Ed teacher at Mendota School.*

#6553-FO4                    **Flag Football**  
Tuesday, September 28-October 26  
(no class on October 19)  
5-6 pm  
Mendota School  
4 sessions- \$15

#6534-FO4                    **Soccer**  
Thursday, September 30-November 4  
(no class on October 14& 21)  
5-6 pm  
Mendota School  
4 sessions-\$15

## Music and Movement ♦

(ages 2 and 3 with parent/guardian) Fundamental music concepts taught in this engaging class include steady beat, loud and soft, vocal exploration and tone colors. Children explore music through songs, simple dances, finger plays and storytelling. Adults learn new songs to sing with their children and new ideas to foster music appreciation and skill in their family.

*Instructor: East Metro Music Academy (EMMA)*

#6955-F04  
Monday, September 27-November 22  
(no class on November 8)  
6:15-7 pm  
Pilot Knob School  
8 sessions-\$99  
(call 651-292-3392 to register)

# Activities for Families



## Reptile and Mammal Show ♦

Join us for an interactive hands-on journey through the amazing world of reptiles and mammals. Our instructor will bring up to 10 different animals (reptiles, mammals, and insects) from around the world for you to touch and see. You will also learn where each animal lives, what they eat, and what their colors mean. Children MUST be accompanied by an adult!

*Instructor: John Carlson, owner of Dakota Wild Animals, has many years of experience as an animal control officer and a lifetime of experience with animals, ranging from cats and dogs to birds and exotic animals.*

#6900-FO4A  
Saturday, October 16  
10-11 am  
Heritage School  
1 session-\$9

#6900-FO4B  
Saturday, January 8  
10-11 am  
Friendly Hills School  
1 session-\$9

## A Cup of Christmas Tea ♦

"A Cup of Christmas Tea", written by Tom Hegg and illustrated by Warren Hanson, brings the true meaning of Christmas joyously to life. Reluctantly, in the midst of the holiday rush, a man decides to go visit his ailing Great Aunt. While there, peace and love and the wonderful Christmas spirit surrounds the two of them as they share a cup of Christmas tea. Mr. Hegg will read from the book and will be available for autographs and book signings. *Instructor: Tom Hegg is a trained classic actor and spent five seasons with the Guthrie Theatre. He teaches drama at Breck School in Minneapolis.*

#6954-FO4  
Saturday, December 4  
10 am-Noon  
Friendly Hills School  
1 session-\$20

## Scrabble ♦

Board games are back! They are a great family activity or a way to spend time with friends! Discover ways to improve your word power, increase your memory skills and mental agility and find words. You will also learn how to keep score with ease and practice proven techniques from the pros. *Instructor: Patrick Suglia is ranked among the top 500 Scrabble players in North America. He held two Scrabble club championships simultaneously.*

#6901-FO4  
Thursday, September 30  
6:30-9:30 pm  
Heritage School  
1 session-\$14 (family)

## UCare Minnesota

If you are a member of UCare Minnesota, you may take up to a \$15 discount per class on most classes in this catalog. Call Community Education at 651-681-2389 to verify that your class qualifies for the discount. Note that only senior citizens may take the discount on trips and tours.

If a class is less than \$15, you may take the class free of charge. You must be on UCare at the time of registration and through the duration of the class (es). You must include your UCare ID number on the registration form to qualify for the discount.

# Delicious & Delectable



## Bake and Take Holiday Cookies

It's back! This is the simplest way to get 10 dozen (120) freshly baked cookies for the holidays. The dough will be ready for you to bake and decorate the cookies that you will be proud to serve! Of course, we will need to have help with clean up. Bring containers to hold 10 dozen cookies and a hairnet.

#6600-FO4A  
Tuesday, December 7  
6:30-9:30 pm  
Henry Sibley High School  
1 session-\$44

#6600-FO4B  
Thursday, December 9  
6:30-9:30 pm  
Henry Sibley High School  
1 session-\$44

## Truffles

Make sweets for your sweet for the upcoming holidays (including Halloween) and celebrations! The truffles you make in this popular class are smooth, rich and delicious. Why pay \$2 per truffle in stores when you can make your own at a fraction of the cost?

*Instructor: Nancy Burgeson is winner of the Wilton Enterprise's "Outstanding Performance" Award and a member of the Wilton Teacher's Hall of Fame.*

#6611-FO4  
Thursday, October 28  
6:30-9:30 pm  
Henry Sibley High School  
1 session - \$21  
plus a \$10 material fee - pay in class

## Beginning Cake Decorating

Save money by baking and decorating your cakes, cookies and desserts for those special events, weddings and reunions. We will work together creating border leaves, drop flowers, stems and printing/writing.

*Instructor: Nancy Burgeson*

#6618-FO4  
Monday, October 18 & 25  
6:30-9:30 pm  
Henry Sibley High School  
2 sessions - \$39  
plus a \$10 material fee - pay in class

## Bread Making (Sourdough)

Smelling fresh baked bread takes us all back to our mother's kitchen! Learn to bake sourdough bread the old fashioned way. Using starter, you will bake bread naturally, without yeast, baking powder or soda. Take home starter and recipes. Create your own childhood smells (and tastes)!

*Instructor: Harv Bartz recently retired after nearly 40 years in social services, most recently as Director of Neighbors, Inc. As a hobby, he's been baking (and giving away) all natural, whole wheat sourdough bread for over 30 years.*

#6623-FO4  
Tuesday, October 5  
6:30-8:30 pm  
Heritage School  
1 session-\$15

## Cooking 101 ♦

It's cheaper to cook if you don't use prepared mixes and foods. Learn how to cook (again) whether you are now cooking for one or for the family. Please bring a dish cloth and towel to class.

*Instructor: Cheryl Gysbers, RD, LD, HWC is a Community Education instructor specializing in Whole Foods Nutrition and Holistic Health and Wellness.*

#6624-FO4  
Monday, October 4-18  
6:30-8:30 pm  
Heritage School  
3 sessions-\$39

## Fajitas ♦

Make your own delicious fajitas! This class will focus on the basics of preparing delicious steak and chicken fajitas with all the right side dishes. We will also make two kinds of salsa and guacamole, and two desserts—a rich and creamy caramel flavored custard flan and a cinnamon and sweet apple dessert salsa.

*Instructor: Rick Ellis has had a life long avocation of cooking. He has cooked for elegant dinners for special occasions, dinner parties for 200 people and homeless shelters! His motto is that home cooking can be simple, fun, cost effective and a pleasure to serve and enjoy!*

#6627-FO4  
Wednesday, October 13  
6:30-9:30 pm  
Friendly Hills School  
1 session-\$39

## Friday Night Pizza

How to make the perfect pizza that your family and friends will enjoy? Chef Ted will share recipes, secrets and techniques that he picked up on his travels to Italy and from area cooking schools that he has attended. From a thin and crispy crust to a self-rising crust, these recipes will become your favorites.

*Instructor: Ted Hammond has studied cooking locally and internationally.*

#6612-FO4  
Friday, January 21  
6:30-9:30 pm  
Heritage School  
1 session-\$39

## Afternoon Tea Tasting ♦

Sample teas from around the world in the one-session class. You will learn how tea is produced and to make the perfect cup of tea.

*Instructor: Neal Grasdalen is an area resident who has lived in Taiwan. This popular class fills quickly wherever he teaches it.*

#6628-FO4A  
Tuesday, October 26  
6:30-9 pm  
Friendly Hills School  
1 session-\$14

#6628-FO4B  
Friday, November 19  
1-3 pm  
Thompson Park Activity  
1200 Stassen Lane, WSP  
1 session-\$14

*Secrets of the Caterer  
class on page 11*

## Tap Dance for Beginners

If you know which foot is your right and which is your left, you have passed the requirements for this class! Learn the fundamentals of tap, including basic steps, rhythm and counting. No experience required. Please wear comfortable clothes that allow for movement, and bring your own tap shoes.

*Instructor: Lisa Jackman*

#6301-FO4A

Wednesday, September 29-November 17  
8-8:45 pm  
Heritage School  
8 sessions-\$45

#6301-FO4B

Wednesday, December 1-January 26  
(no class on December 22 & 29)  
8-8:45 pm  
Heritage School  
7 sessions-\$40

## Tap Dance II

Discover new steps and routines in this continuation of Middle Tap Dance. Recent tap experience is required. Please wear comfortable clothes that allow for movement, and bring your own tap shoes.

*Instructor: Lisa Jackman*

#6303-F04A

Wednesday, September 29-November 17  
6:30-7:15 pm  
Heritage School  
8 sessions - \$45

#6303-F04B

Wednesday, December 1-January 26  
(no class on December 22 & 29)  
6:30-7:15 pm  
Heritage School  
7 sessions-\$40

## Middle Tap Dance

This class is designed for the post-beginning student. Students will learn additional steps, rhythms and counting. Talk to the instructor before registering!

*Instructor: Lisa Jackman*

#6302-FO4A

Wednesday, September 29-November 17  
7:15-8 pm  
Heritage School  
8 sessions-\$45

#6302-FO4B

Wednesday, December 1-January 26  
(no class on December 22 & 29)  
7:15-8 pm  
Heritage School  
6 sessions-\$40

# Dance the Night Away



## Ballroom Dance for Beginners

Feel the romance of the Fred and Ginger era as you glide across the ballroom or boogie with your partner. Show off at ballrooms, nightclubs, cruises and company functions with your ballroom dancing skills. They are easy to learn and are a good introduction to a variety of dances. You will learn the basics of three dances-Swing (Lindy), Waltz and Fox Trot. This is a great class for someone wanting to learn the basic steps and partner dancing skills.

**Bring clean smooth-soled shoes to class. If you forget, you may dance in your stocking feet.**

*Instructor: Milind Bhat has been teaching dance for 15 years.*

#6306-F04

Thursday, September 30-October 28  
(no class on October 14 & 21)  
7:30-9 pm  
Friendly Hills School  
3 sessions-\$40

## Swing Dance for Beginners

Do you want to dance with the Gap/Subway commercials? Dance like the Swing Kids? Have fun learning the basics of this all time favorite dance-Swing. Swing, also known as the Lindy, Jitterbug, Hustle, Jive, or Lindy Hop, is the most versatile dance for a large variety of tastes in music. **Bring clean smooth-soled shoes to class. If you forget, you may dance in your stocking feet.**

*Instructor: Milind Bhat*

#6305-F04

Wednesday, November 3-17  
7:30-9 pm  
Friendly Hills School  
3 sessions-\$40

## Belly Dance (Middle Eastern Dance)

Find out why television shows and women's magazines call belly dance the hottest fitness craze! It is exercise and toning, but it is also a lot of fun. In Middle Eastern dance, the dancer literally embodies the music as different body parts move to different rhythms. The dancer's job is to increase the audience's awareness of the music, while at the same time expressing the motions behind it.

In this beginning class, students learn basic dance and isolation movements, tone muscles needed to execute these movements and begin working with zills (finger cymbals). Wear loose, comfortable clothing or dancewear. You may dance in bare feet or wear dance sandals or ballet slippers. Please bring a scarf to tie around the hips to emphasize movements and a mat for floor work. Zills will be available and may be purchased from the instructor.

*Instructor: Leslie Kennedy teaches this popular class for community education departments and health clubs and is a professional dancer.*

#6310-FO4

Thursday, October 7-November 11  
8:00-9:30 p.m.  
Walker Westwood Ridge  
One Thompson Avenue, WSP  
6 sessions-\$40

## Belly Dance II

Students will continue to work with basic Middle Eastern Dance and isolation movements with an emphasis on form and style. The beginning of each class will focus on toning muscles and students will continue working with zill patterns. The use of veils and basic choreography will be introduced.

*Instructor: Leslie Kennedy*

#6311-FO4

Thursday, October 7-November 11  
6-7:30 pm  
Walker Westwood Ridge  
1 Thompson Avenue, WSP  
6 sessions-\$40

# Choose Your Workout With Our Fitness Series



## The Fitness Series of Classes

Due to popular demand, our aerobic series of classes have changed and have been expanded! Total Body Conditioning and Aerobics will be on Monday and Wednesday evenings and Saturday morning. Jacki's Workout meets on Tuesday and Thursday evenings. Yoga meets on Monday, Tuesday, and Wednesday evenings. Pilates and Tai Chi Chih also meet on Tuesday evenings. Karate meets on Wednesday evenings and adult swimming classes meet on Thursday evenings and Saturday mornings. There is a fitness related class almost every day of the week! We are certain that there is a class in the fitness series for you!

## Aerobics-Saturday ♦

Get your weekend off to a healthy start! This low impact aerobic class includes warm-ups, aerobics set to music, floor exercises to increase muscle strength and tone, plus a cool down. Exercise at your pace! Join the fun! Bring a mat, hand-held weights and water bottle to class.

*Instructor: Jina Digaetano*

#6535-FO4

Saturday, September 11-December 18  
(no class on October 23 and November 27)  
9-10 am  
Henry Sibley High School  
13 sessions-\$52 (\$4 per session)

## Body Conditioning and Aerobics ♦

Join this fun workout which uses a no-nonsense approach to burning fat and toning muscles. The cardio portion of class includes simple marches to a multitude of easy-to-follow steps and is followed by exercises using various forms of resistance to strengthen and tone your muscles. You will be motivated by the moves and the music, as you keep your blood pumping and your body burning fat! The class is perfect for all fitness levels and age groups. Please bring a floor mat, hand-held weights and a water bottle.

*Instructor: Jina Digaetano is a certified group fitness instructor and Pilates instructor.*

#6532-FO4

Monday and Wednesday,  
September 8-December 15  
(no class on October 20 and November 1 & 24)  
6:15-7:15 pm  
Friendly Hills School  
26 sessions-\$104 (\$4 per class)  
13 sessions -\$65 (\$5 per class)  
Drop in fee is \$5 and is payable at the door.

## Pilates

This mat work based Pilates class will help you improve your core strength, flexibility, coordination and posture through physical and mental conditioning. This class is geared for the beginning to intermediate level. The instructor will show modifications that will best suit your needs and abilities. Please wear comfortable clothes and bring a cushioned mat (sticky yoga mats are not recommended) and a towel.

*Instructor: Jina Digaetano*

#6518-FO4A

Tuesday, September 21-November 30  
6:30-7:30 pm  
Pilot Knob School  
11 sessions-\$55

## T'ai Chi Chih

T'ai Chi Chih consists of 20 simple, repetitive, non-strenuous movements, which can be performed by anyone regardless of age or physical condition. Relaxation, inner peace, serenity, improved flexibility, balance, breathing, circulation and strengthened joints and bones are promoted in this popular four-session class. *Instructor: Ralph Trejo is an area resident. He has studied T'ai Chi Chih with a number of internationally known teachers.*

#6525-FO4

Tuesday, October 5-26  
6:30-7:30 pm  
Moreland School  
4 sessions-\$30

## Aqua Exercise

Exercise in the comfort of water. Aerobic and other exercise techniques are used in this class, which is set to music. Swimming skills are not necessary.

*Instructor: Barb Malamen teaches this popular class for adults. She also teaches lessons in our swimming program.*

#6537-FO4

Saturday, October 2-December 4  
(no class on Oct 23 and November 27)  
8:30-9:30 am  
F. M. Grass Pool  
8 sessions - \$47

♦ Watch for our new offerings ♦

## Jacki's Workout

Add a new variation to your fitness program—Pilates! Exercise from head-to-toe with Jacki's Aerobic workout. Each Tuesday class will begin with a 30-minute segment of Pilates mat work followed by a high energy aerobic segment. Thursday classes will feature abdominal floor work and verifirm (vertical toning with hand and ankle weights) followed by aerobics. Wear good aerobic shoes and bring a mat for floor work. Enjoy a free workout on Tuesday, September 7. Refreshments will be provided.

Registrations for Jacki's Workout are handled at the door. The walk-in fee is \$5 per class. Class tickets are available at 10 for \$35 (only \$3.50 per class). New Students Fall Special of 4 tickets for \$12. Jacki's Workout meets from 6-7 pm at Somerset Heights School, 1355 Dodd Road, Mendota Heights. There will be no class on September 14, October 21, November 2, 11, 16 and 18.

## Water Walking/ Deep Water Running

This program uses walking or running in both shallow and deep water for aerobic conditioning with increased resistance and decreased impact. Flotation equipment is provided for the deep water workout. The format includes a warm-up, cardiovascular conditioning, stretching, toning and cool down. *Instructor: Liz Connelly teaches this popular class. She is a physical therapist at Courage Center.*

#6536-FO4

Thursday, October 14 – December 9  
(no class on Oct 21 & Nov 11 & 25)  
7:30-8:30 pm  
F.M. Grass Pool  
6 sessions for \$37

# Find Balance With Yoga



## Yoga

A class to help you relax at the end of the day. Enjoy stretching and strengthening, combined with balance, breathing and mental focus. Energize your body, and relax your mind. Please wear loose clothing, and bring a blanket or mat to class. *Instructor: Dennis McGuire is a certified yoga teacher and teaches in the Twin Cities area. He started practicing yoga in 1976.*

#6515-FO4A

Tuesday, September 21-November 23  
(no class on October 19 & November 2)  
6:30-7:30 pm  
Mendota School  
8 sessions - \$65

#6515-FO4B

Wednesday, September 15-November 17  
5-6 pm  
Mendota School  
10 sessions - \$80

#6515-FO4C

Tuesday, November 30-January 25  
(no class on December 28)  
6:30-7:30 pm  
Mendota School  
8 sessions-\$65

#6515-FO4D

Wednesday, December 1-January 26  
(no class on December 22 & 29)  
5-6 pm  
Mendota School  
7 sessions-\$57

## Yoga, As You Like It

Prerequisite: Previous yoga or martial arts study. This class is designed for the student who wants additional time to study and practice yoga. Come as you want. Please wear loose clothing, and bring a blanket or mat to class. Preregistration is not required. You can preregister or Pay As You Go! *Instructor: Dennis McGuire*

#6519-FO4A

Monday, September 13-November 15  
5:30-6:30 pm  
Mendota School  
10 sessions-\$80  
Pay As You Go - \$9

#6519-FO4B

Monday, November 29-January 24  
(no class on December 27)  
5:30-6:30 pm  
Mendota School  
8 sessions-\$65  
Pay As You Go-\$9

## Beginning Yoga for Older Adults ♦

This beginning yoga class is designed for older adults. It is a slower paced class focused on breathing, muscle lengthening and relaxation. Please bring your own exercise mat, yoga mat or towel. Dress in loose-fitting, comfortable clothing and stocking feet.

*Instructor: Lisa Ender teaches beginning yoga for a number of area community education departments*

#6520-FO4

Monday, September 27-November 15  
2-3 pm  
Thompson Park Activity Center  
1200 Stassen Lane, WSP  
8 sessions-\$54



### Karate/Self-Defense

Students of karate become more limber and more physically fit. These students develop grace, poise and self-assurance. Karate students of all ages are welcome. Please wear comfortable, casual, loose-fitting clothing.

*Instructor: Jeff Mihm is a second degree black belt Nidau in Shorin Ryu Karate.*

#### Beginning Students

#6505-FO4A

Wednesday, Sept 22-November 10  
7-8 pm  
Moreland School  
8 sessions - \$50

#6505-FO4B

Wednesday, November 17-January 26  
(no class Nov 24, December 22 & 29)  
7-8:00 pm  
8 sessions-\$50

#### Advanced Students

#6506-FO4A

Wednesday, September 22-November 10  
7-8:30 pm  
Moreland School  
8 sessions - \$50

#6506-FO4B

Wednesday, November 17-January 26  
(no class Nov 24, December 22 & 29)  
7-8:30 pm  
Moreland School  
8 sessions-\$50

### Let's Hike

Spring and summer means longer days and the opportunity to be outdoors after dinner. Let's Hike is the outdoors health club. We meet on Monday and Thursday evenings at a variety of parks, parkways and wildlife sanctuaries to help you do your fitness walking on one or more of the 100 beautiful trails around the Twin Cities. On weekends, we hike at area parks, including: Red Wing's Barn Bluff, White Water State Park and Jay Cooke State Park. Join us for fitness walking, a healthy diet and much more. This introduction includes the first meeting and walk plus three of the nearly 200 outings during the year. We will walk at the first meeting.

*Instructor: Kent Barker is founder of the Thursday Night Hikes, a club that explores the wide-open spaces in and around the Twin Cities.*

#6523-F04

Tuesday, September 21  
7:00-8:30 pm  
Friendly Hills School  
1 session-\$12

### Handling Medical Emergencies ♦

Medical emergencies occur suddenly and with little warning. Would you know how to confidently react if someone needed your help? This course will identify common medical emergencies affecting children and adults, help you recognize signs and symptoms and show you how to render appropriate care.

*Instructor: Education to Go and Bryan Scyphers. Education to Go is one of the country's leading online course providers and Bryan is a nationally registered paramedic. He is a trainer with the San Francisco Giants baseball organization.*

There is a \$69 fee for this 12-session online class starting on the following dates:

#6956-FO4A

Wednesday, October 20

#6956-FO4B

Wednesday, November 10

#6956-FO4C

Wednesday, December 8

#6956-FO4D

Wednesday, January 19

### Scuba ♦

Learn to scuba dive! This PADI (Professional Association of Diving Instructors) Scuba course utilizes a combination of pool and classroom time and is safe and fun! All equipment is provided. A mandatory informational meeting will be held Tuesday, December 7 from 6-7 pm, where you will receive an instructional videotape and workbook to be completed prior to the first class January 3. If you cannot attend the informational session, call 651-405-2482 and we will help you make arrangements with the instructor. Plan to be in the pool Tuesdays, January 4, 11, 25 and February 1 (bring your swimsuit) and in the classroom on Mondays, January 3, 10, 24 and 31. Certification dives are not included.

*Instructor: Our PADI certified teacher has been teaching scuba for 14 years. He has over 700 student certifications to his credit.*

#6182-FO4

Tuesday, December 7  
Monday, January 3-31  
(no class on January 17)  
Tuesday, January 4-February 1  
(no class on January 18)  
6-9 pm  
F.M. Grass Pool  
9 sessions-\$199

### Fibromyalgia

Discover natural ways to deal with the pain, fatigue and "foggy" thinking associated with fibromyalgia, which affects people ages 25-40 with the muscle aches often associated with arthritis.

*Instructor: Dr. Shelly M. Smith, D.O has over seven years experience helping people restore their health through natural means.*

# 6932-FO4A

Monday, September 27  
7 -8:30 pm  
Friendly Hills School  
1 session-\$15

#6932-FO4A

Wednesday, November 17  
6:30-8 pm  
Friendly Hills School  
1 session-\$15

## Secrets of the Caterer ♦

Do you love to cook and plan parties? Then start your own catering business and make money doing what you love! From weddings, to showers, to business and holiday parties, catering has become an exciting and creative home-based business. Learn the tricks of the trade, including delicious catering recipes.

*Instructor: Education to Go and Dawn Simmons. Education to Go is one of the country's leading online course providers and Dawn is a private caterer who has provided a number of catering services for individuals and businesses. She is skilled at presenting great food with flair!*

There is a \$69 fee for this 12-session online class starting on the following dates:

- #6625-FO4A  
Wednesday, October 20
- #6625-FO4B  
Wednesday, November 10
- #6625-FO4C  
Wednesday, December 8
- #6625-FO4D  
Wednesday, January 19

## Hypnosis (Self)

Discover how you can make positive lasting changes to your life by simply changing the way you've been conditioned to respond to different situations. Learn and practice different techniques to help you achieve your individual goals. Hypnosis can be used for a variety of concerns, like stress reduction, better health and self-confidence. *Instructor: Carol Januschka is a certified hypnotherapist and instructor of hypnosis.*

- #6563-FO4A  
Wednesday, September 29  
6:30-8:30 pm  
Henry Sibley High School  
1 session-\$19
- #6563-FO4B  
Wednesday, January 12  
6:30-8:30 pm  
Henry Sibley High School  
1 session-\$19

# Healthy Alternatives

## Hypnosis-Losing Weight in the New Year ♦

This year try a new approach to weight loss. Enjoy an entertaining, inspirational evening to help you get motivated to lose weight. Share your own funny weight loss stories, if you like. It is much easier to accomplish any goal when you are happy and feeling better about yourself. A month after this class, you will be mailed an anonymous survey to see what worked and didn't work.

*Instructor: Carol Januschka*

- #6558-FO4  
Wednesday, January 19  
6:30-8 pm  
Henry Sibley High School  
1 session-\$19

## Hands-On Healing

Your hands can heal you! Using guided meditations and hands-on technique, you will discover how to radiate energy from your hands. You will gain an understanding of the healing process and increase your ability to help heal yourself and others. Come explore the connection between the body, mind and spirit. Healing with the hands, feeling energy, the power of prayer, spirit guides and angels will all be explored in this class. **Wear comfortable clothing and bring a blanket or pillow to class.**

*Instructor: Jessalyn Devereaux is a nationally respected Spiritual Teacher and Healer. A seasoned psychic and clairvoyant she continues to revolutionize age old energy healing techniques to make sense in today's world.*

- #6564-FO4A  
Tuesday, September 28  
7-9 pm  
Friendly Hills School  
1 session-\$29
- #6564-FO4B  
Tuesday, November 9  
7-9 pm  
Friendly Hills School  
1 session-\$29

## Modern Methods to Meditation ♦

Discover a gateway to personal transformation. You will discover the different types, benefits and best practices of meditation. You will also understand the power of the Heart for cultivating compassion and harmony.

**Wear comfortable clothing to class.** *Instructor: Sophia Mitchell has traveled to Asia and the Middle East studying various alternative methods of healing and meditation.*

- #6551-FO4  
Monday, October 4-25  
7-8 pm  
Heritage School  
4 sessions-\$29

## Sound and Color Therapy ♦

Learn the powerful aspects of healing through the use of sound and color. Explore how music, chants, singing bowls, aromatherapy and crystals affect our bioenergy field. We will also explore the charkas and the aura and its impact on our biological, physical, emotional and spiritual well being.

*Instructor: Sophia Mitchell*

- #6565-FO4  
Monday, November 1  
6:30-8:30 pm  
Heritage School  
1 session-\$14

## Arthritis and Stiff Joints ♦

Explore alternative options to manage arthritis stiffness and achieve pain relief. Learn about new research supporting the effectiveness of nutritional, exercise and neuromusculoskeletal options. *Instructor: Nathan Zachar, D.C., P.A. is an area resident.*

- #6557-FO4A  
Tuesday, October 5  
1-2:30 pm  
Thompson Park Activity Center  
1 session-\$9
- #6557-FO4B  
Thursday, October 7  
6:30-8 pm  
Friendly Hills School  
1 session-\$9



### If Your Pet Could Talk ♦

Anyone can learn how to hear and “speak” to animals. Animal communicator Nicole Roberts can access the thoughts and feelings of animals, both living and deceased. She will help you learn to talk with your animal, so that you can find out what they need, form a deeper bond and address animal behavior problems. You will learn how to send and receive feelings and thoughts intuitively with animals. This is not reading body language—you don’t even have to physically see the animal. Please bring a photo of your pet to class.

*Instructor: Nicole Roberts is a Physic Medium for people and pets. She can contact your deceased friends, relatives and animals, communicate messages from your Angels and Spirit Guides; and talk with your living animals to help ensure their happiness and well-being. [www.relyingonjoy.com](http://www.relyingonjoy.com) (for people) or [www.pet-psychic.net](http://www.pet-psychic.net) (for animal inquires).*

#6902-FO4  
 Tuesday, September 28  
 6:30-9 pm  
 Mendota School  
 1 session-\$24

### Beginning Swedish ♦

Learn Swedish in a way that is designed to be extraordinarily simple, yet successful and fun! You will be able to create simple sentences in the first class, barely knowing that you are learning grammar. We focus on the pronunciation of vowels, word cadence and learn the meaning of words by analyzing English-Swedish similarities.

*Instructor: Aina Wiklund is a native of Sweden. She loves languages and has studied six! She knows how to make Swedish language simple for beginners.*

#6986-FO4A  
 Monday, October 11-November 29  
 7-9 pm  
 Friendly Hills School  
 8 sessions-\$69-plus a \$15 material fee payable in class

#6986-FO4B  
 Tuesday, October 12-November 30  
 10 am-Noon  
 Thompson Park Activity Center  
 8 sessions-\$69 plus a \$15 material fee payable to instructor

### Beginning Spanish

Designed for students with little or no Spanish speaking skills, you will learn the fundamental skills of the language. Learn vocabulary, verbs and grammar through real-life situations, dialogues, and exercises and games.

*Instructor: Troy Jarret has a degree in Spanish. He is employed by ISD 197 School Age Care and is a mentor to young people.*

#6983-FO4A  
 Wednesday, September 29-November 17  
 2-4 pm  
 Thompson Park Activity Center  
 1200 Stassen Lane, WSP  
 8 sessions-\$69

#6983-FO4B  
 Wednesday, September 29-November 17  
 6:30-8:30 pm  
 Heritage School  
 8 sessions-\$69

### Beginning French

Parlez-vous francais? Have you always wanted to learn and speak French for an upcoming vacation? This eight-session class will teach you the basics of this romantic language. Oui!

*Instructor: Kristy Otte teaches ESL at Heritage School.*

#6987-FO4  
 Thursday, September 30-December 8  
 (no class on October 21,  
 November 18 & 25)  
 6:30-8:30 pm  
 Heritage School  
 8 sessions-\$69

### Exploring Our Roots Series ♦

Join us for a nostalgic slide journey taking you back in time to revisit our roots. Small towns were built around churches and schools. We will explore them all! Stories, humor, history, music and photography are used to tell the story in this special series. The series will be held at Thompson Park Activity Center, 1200 Stassen Lane, West St. Paul. Each class in the series can be taken separately for \$5 or you can take the whole series for \$20.

*Instructor: Doug Ohman has traveled extensively throughout the Midwest and has captured the spirit of the land through photography. His work has been featured in numerous publications.*

#6984-FO4A  
 Churches in Minnesota  
 Friday, October 1  
 10-11:30 am  
 1 session-\$5

#6984-FO4B  
 School House Memories  
 Friday, October 8  
 10-11:30 am  
 1 session-\$5

#6984-FO4C  
 Vanishing Landmarks  
 Friday, October 29  
 10-11:30 am  
 1 session-\$5

#6984-FO4D  
 Barns of the Midwest  
 Friday, November 5  
 10-11:30 am  
 1 session-\$5

#6984-FO4E  
 Historic Courthouses  
 Friday, November 12  
 10:11:30 am  
 1 session-\$5

## P-SAT/SAT Preparation Workshop

This six-hour workshop enables students to prepare for the P-SAT and/or SAT college admission test. Participants gain valuable insight in the P-SAT and SAT through a close examination of each type of question. Students will learn the necessary strategies for answering specific question types and general test taking tips. In addition to providing practice for the SAT test, the P-SAT score is used to qualify students for the National Merit Scholarship Program. *Instructor: ZAPS Learning Company is one of the nation's leaders in preparing students to take college entrance tests.*

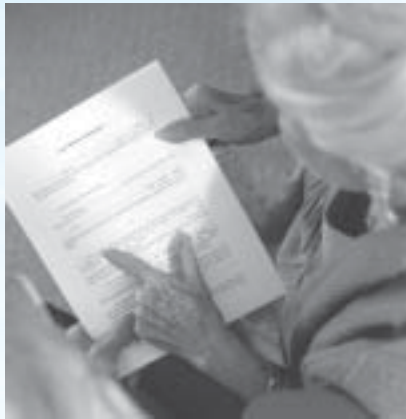
Saturday, October 2  
8:30 am-3:30 pm  
Henry Sibley High School  
1 session-\$55-contact the Henry Sibley Guidance Office at 651-681-2354.

## CSI: The Basics ♦

Explore the various disciplines of forensics-trace evidence, blood splatter, firearms evidence and more in the quick and dirty introduction to crime scene investigation. Learn how an investigator sees a crime scene, what evidence technicians look for, and the capabilities and limitations of the modern crime lab. Use what you learn to solve a crime! *Instructor: Catten Ely is a freelance editor and writer. She has published more than 800 articles ranging from how-to-instruction books to articles for law enforcement personnel.*

#6921-FO4  
Thursday, September 30 & October 7  
6-9 pm  
Henry Sibley High School  
2 sessions-\$29

# Planning For Your Future



## Write Your Own Will

Having a will is important for married couples, singles and divorced people. If you are without a will, the laws of Minnesota and a judge will make all your decisions. Don't let this happen-join us to learn about estates and wills and actually prepare a complete legal will during class. Receive instructions and a professionally prepared form and have access to witnesses and a notary public. The will form is designed for individual use; couples cannot share it (each person must register individually). This class is appropriate for people who have an estate of less than \$700,000, including life insurance, and do not own a business. Prior to class, you will need to review information mailed to you.

*Instructor: Sally Mortenson is an Apple Valley attorney with more than 20 years experience in estate planning and probate. This is a popular class. Register early!*

#6920-FO4  
Tuesday, September 30  
7-9:30 pm  
Friendly Hills School  
1 session - \$39

## The Good-Bye Party ♦

Discover how planning your funeral can positively affect your life now. Learn to create a funeral that reflects the authentic you, take care of your loved ones and relieve guilt by your planning. Choose methods to maintain your plans through the years, and much more. *Instructors: David Meyers and Stephen Willwerscheid are local morticians. Both are active in the community.*

#6550-FO4A  
Monday, September 27  
6:30-9:30 pm  
Henry Sibley High School  
1 session-Free, but please register in advance

#6550-FO4B  
Friday, October 1  
1-4 pm  
Thompson Park Activity Center  
1 session-Free, but please register in advance

## Personal Safety

Safety at home, on the road and in the workplace is something we need to think about everyday. It is more than being aware of our surroundings. When was the last time you had a fire drill in your house? Do you have an escape plan with a pre-determined check-in spot? These and more tips will be shared in this two-hour class.

*Instructor: The instructor is a training consultant for a number of law enforcement agencies and private security companies. He has taught Counter Terrorism and SWAT courses to police and military personnel.*

#6958-FO4  
Wednesday, October 27  
7-9 pm  
Friendly Hills School  
1 session-\$24

## Goal Setting Workshop ♦

Everyone starts the New Year off with resolutions, but they rarely last more than one month. Learn the simple secrets to fulfilling the goals and resolutions you made and get the results you want to make your life terrific. Revitalize your dreams. Start out your 2005 with a BANG! *Instructor: Dr. Shelly M. Smith, D.C.*

#6957-FO4  
Tuesday, January 18  
6-7:30 pm  
Friendly Hills School  
1 session-\$15



### Couples Massage Day

This is the perfect class to take. Fall yard chores and winter shoveling are right around the corner. Spend a day in rural Wisconsin and learn to give your partner a relaxing, therapeutic massage from head to toe. A professional massage therapist will teach you techniques (clothed) for head, neck, shoulders, hands, feet and back that will give you the necessary fundamentals and confidence to give a great massage. Enjoy this special one-day long experience with your partner in a scenic 46-acre valley setting. Walk the property and see the beauty of fall! Watch the eagles soar above you or shop in the many unique stores found in Maiden Rock and Stockholm, Wisconsin, all just one hour south of ISD 197. A light lunch is provided. 5 couple maximum.

*Instructor: John Huffaker and Charlene Torchia operate Vital Contact Therapeutic Service, a therapy practice combining the art and science of Psychology, Personal Coaching, and Bodywork.*

#6552-FO4

Sunday, September 26  
10 am-5 pm  
Lake Pepin region of Wisconsin  
1 session - \$149 per couple

### Cruise Vacation ♦

Learn everything you always wanted to know about taking a cruise-and MORE! What is included in the ad/sale price? What isn't? On a budget? How can you cruise for free? Cruising, whether on the ocean or on a river, is an all-inclusive adventure that lets someone else do the driving! There are over 1800 destinations around the world for you to see. Which is best for you? What activities do the ships have to offer? What activities do the various ports have to offer? Do you have a disability? Find out what ships have the best accessibility. No matter what your age, lifestyle, or interest, here is your opportunity to get your cruise questions answered!

*Instructor: Karen Kolodziejczyk owns a home-based travel business, Easy Access Adventures Travel.*

#6903-FO4

Thursday, October 28  
6-8 pm  
Friendly Hills School  
1 session- \$14

### How to Make Money Doing Voiceovers in TV and Radio

There is an exploding media talent market in the Twin Cities, especially for voiceovers. The Internet, cable and satellite TV, radio ads, documentaries, voice messaging services and multi-media all use local homegrown talent. Find out how to get into this fun, creative and potentially lucrative commercial industry! Find out who is hiring and what they are looking for! Bring a tape recorder with microphone and cassette to the second session. An optional script packet is available from the instructor for \$15.

*Instructor: Don Cosgrove is an area resident. His Talent Center (www.TheTalentCenter.com) teaches the classes recommended by talent agencies and professional TV/radio/video and film talent at the Guthrie Theatre and other venues. Besides being a professional free-lance talent, Don and his staff cast ads and sound tracks.*

#6912-FO4

Thursday, October 28 & November 4  
6:30-9 pm  
Friendly Hills  
2 sessions - \$55

### Creative Writing ♦

There is a big difference between putting words on paper and writing. You will be given exercises to help bring out your creative side and to express yourself freely in words.

**Bring writing tablets to class so you can practice being creative.**

*Instructor: Patrick Suglia writes discourses on holistic wellness, spirituality and his own personal experiences with eastern philosophies.*

#6983-FO4

Thursday, October 7 & 14  
6:30-8:30 pm  
Friendly Hills School  
2 sessions-\$29

### Football Basics ♦

This class is for those who haven't a clue what a punt, pass, kick, touch down or field goal are! If you are frustrated by your lack of football knowledge, especially when your friends are playing "Monday Morning Quarterback", or your child is playing recreational football, this is the class for you.

*Instructors: Annette Shirk and Lisa Harms are fanatics about all sports. If they aren't home, look for them at a pro sport game!*

#6538-FO4

Monday, September 27  
6:30-8:30 pm  
Friendly Hills School  
1 session-\$14

### Hockey for Females

Are you frustrated by your lack of hockey knowledge? Does your child play hockey? Learn what a blue line is in this fun one-session class that was designed by women for women!

*Instructors: Annette Shirk and Lisa Harms*

#6500-FO4

Monday, January 10  
6:30-8:30 pm  
Friendly Hills School  
1 session-\$14

## Chair Seat Weaving- Introduction ♦

If you are thinking of repairing the seat on a family heirloom or a chair you purchased at a garage sale, you may wish to consider doing it yourself. In addition to hand caning, this class will cover the various other styles of chair seat weaving, materials necessary, the techniques used and time necessary to achieve the various looks. If you have a chair in need of repair, bring it to class to discuss the specifics with the instructor. Materials or actual completion of your chair may be ordered from the instructor for use during the actual weaving workshop (see below) or for completion on your own. For those wishing to learn a technique but do not have a current project, the instructor can order a footstool kit.

*Instructor: Andrea Hildebrandt has been weaving chairs for over 30 years. She has worked on pieces at Murphy's Landing and the Sibley House.*

#6468-FO4

Wednesday, November 17  
7-8:30 pm  
Henry Sibley High School  
1 session-\$19

## Chair Seat Weaving- Workshop ♦

Repair or restore the caned or weaved seat on your chair under the guidance of a professional in this three-session class. Participants are expected to work at home on their project between each session. A supply list of items to bring to class will be provided in the introduction class (see above). Prerequisite: Chair Seat Weaving-Introduction  
*Instructor: Andrea Hildebrandt*

#6469-FO4

Wednesday, January 5-19  
7-9:30 pm  
Henry Sibley High School  
3 sessions-\$64

# Home & Garden Creations



## Perennials for Everyone

The nip of fall is in the air, but you can still ask how to have a flourishing perennial garden. We will discuss building the soil, which fertilizers, soil amendments and mulches to use and how to divide perennials. Where are the best nurseries to buy from? Which plants are best to grow to achieve a blooming, low-maintenance perennial garden? Basic garden plans will also be taught in this one-session class.

*Instructor: Jim Faustgen writes the Perennial Palette column for THE NORTHERN GARDENER magazine. He is a lecturer and owns his own company, Perennials for Minnesota.*

#6484-FO4A

Tuesday, October 5  
6:30-9:30 pm  
Friendly Hills School  
1 session-\$19

## Rustic Twig Furniture Making (For Women)

Men are welcome, too! Are you looking for the unique piece of furniture to put on your patio, deck, or porch? If so, this class is a MUST! You will create your choice of a whimsical twig chair or a garden slab bench in this two-session class. After the second session, you will leave with your chosen piece in hand. All materials are provided, but please bring a hammer, tape measure, utility knife and power drill to class, if you have one.

*Instructor: Bob McNeely is an area resident and craftsman. He has reinvented himself as a furniture maker. His furniture creations are available for purchase at a number of area country furniture stores,*

#6467-FO4

Tuesday, October 5 & 12  
6:30-9:30 pm  
Henry Sibley High School  
2 sessions-\$124

## Community Education Needs Instructors

If you have an idea for a community education class or would like to teach an adult enrichment class, please let us know. We are always on the lookout for new instructors and courses. Call 651-405-2482.



### The Home Fix-Up Series

Whether you live in a new home or one that is several years old, there are projects that need to be done, such as simple electrical repairs (a lamp needs to be rewired, a switch replaced and fuses and circuit breakers checked). Screens and windows need to be repaired before the winter winds. Leaky faucets and toilets that constantly run can easily be fixed before you call the plumber. Learn how in our home fix-up series of classes. All classes will be held at Mendota Plaza Do It Best Hardware, 750 Highway 110. The instructor is Jim Solin, owner of the store. Classes will meet from 9-11 a.m. There is a \$9 fee for each class.

#6463-FO4A  
Screens and Windows  
Saturday, October 2

#6464-FO4A  
Socket and Switch Repair  
Saturday, October 9

#6465-FO4A  
Basic Plumbing Repair  
Saturday, October 19

### What is a Reverse Mortgage? ♦

A reverse mortgage is a loan that enables homeowners, 62 or older, to borrow against the equity in their home, without having to sell their home, give up a title, or take on a new monthly mortgage payment. The loan proceeds can be used for any purpose. These mortgages have emerged as a significant financial security tool for senior homeowners. *Instructor: Craig Wanamaker is a mortgage broker and area resident and businessperson.*

#6402-FO4  
Monday, October 18  
6:30-8 pm  
Heritage School  
1 session-\$9

### What is Your Credit Score? ♦

There are three main credit bureaus (Transunion, Experian and Equifax). The FICO scoring method is still the heart of the process where you get percentage points for payment history, amount due, length of credit history, types of credit and new credit. Each will be explored in depth, as YOU learn how to get the most benefit for each part. First though, how do you get your hands on your own credit report? *Instructor: Craig Wanamaker*

#6403-FO4  
Monday, October 25  
6:30-8 pm  
Heritage School  
1 session-\$9

### Furnish Your Castle at Bungalow Prices

The retail market for furniture can exceed 200%, but you don't have to pay it! Uncover some of the best places that rarely advertise. Get a list of major stores with good clearance rooms and alternative stores that consign furniture, sell model home furniture and work with manufacturers in North Carolina. Plus, find ways to use a designer without paying marked-up prices. A full range of prices and styles will be discussed from the inexpensive (Basset, Flexsteel) to the high-end (Baker, Henredon). Tips on buying carpeting, appliances, Oriental rugs and home accessories are also discussed in this popular class.

*Instructor: John Ewoldt writes the Thursday column "Dollars and Sense" for the Minneapolis STAR TRIBUNE. He is also a frequent guest on KARE 11 Today.*

#6401-FO4  
Monday, October 4  
7-9 pm  
Friendly Hills School  
1 session-\$25

### Mortgage Free in 10 Years or Less

Imagine what life would be like without mortgage payments? You could take that long winter vacation or buy a new car. Discover how you can eliminate your outstanding debts and be in a position to pay off your mortgage in 10 years or less without changing your monthly spending. You will also discover that biweekly or extra mortgage payments don't save you money and why a 30-year mortgage is less expensive than a 15-year mortgage.

*Instructor: Adam Hartung is certified through the Institute for Money Management and has over twelve years of experience in the money management field.*

#6451-FO4  
Monday, October 11  
7-8:30 pm  
Heritage School  
1 session-\$14 (spouse or partner may attend for an additional \$5)

## Basic Computer

This class is just the basics. Learn how to turn the computer on and off and get a "taste" of everything else that the computer is capable of doing. *Instructor: Gina Halverson has worked as a technology consultant for Target Corporation and Best Buy Corporation.*

#6211-FO4A

Tuesday and Wednesday  
October 5 & 6  
5:30-7:30 pm  
Mendota School  
2 sessions - \$39

## Computer II

Build on the foundations that you learned in Basic Computer. Learn about the Internet, Word and MS Office, computer maintenance (virus scanning) and Trojans and Worms. *Instructor: Gina Halverson*

#6212-FO4A

Tuesday and Wednesday  
November 9-17  
6:30-8:30 pm  
Mendota School  
4 sessions - \$75

## Windows Tips and Tricks ♦

Has the case of the Missing Toolbar kept you up at night? Did your start button mysteriously move to the top of the screen and is now refusing to move? Are you wondering where your email attachments go after you open them? Would you like to get rid of that Paper Clip in Microsoft Word? We will answer the questions that you were afraid to ask! Prerequisite: Basic Computer  
*Instructor: Gina Halverson*

#6213-FO4A

Wednesday, October 13  
5:30-7:30 pm  
Mendota School  
1 session-\$19

#6213-FO4B

Tuesday, October 26  
5:30-7:30 pm  
Mendota School  
1 session-\$19

## Installing and Downloading Programs ♦

Do you have trouble downloading programs from a web site? Do you have trouble installing a program on your computer? Learn a variety of processes that you can use to either install or download new programs on your computer.

*Instructor: Gina Halverson*

#6214-FO4A

Tuesday, September 28  
5:30-7:30 pm  
Mendota School  
1 session-\$19

#6214-FO4B

Wednesday, November 3  
5:30-7:30 pm  
Mendota School  
1 session-\$19

## Introduction to PC Troubleshooting

Are you ready to dive under the hood of your PC? Step-by-step you will go through the typical hardware and operating system problems encountered by technicians. Learn troubleshooting techniques to decipher any problem. Learn the skills needed to solve them. Course requirements are Internet access, e-mail and Netscape or Internet Web browser.

*Instructor: Education to Go and Scott Jernigan. Education to Go is one of the country's leading online course providers and Scott has written numerous computer textbooks. He is a trainer for the FBI Academy.*

There is a \$69 fee for this 12-session online class starting on the following dates:

#6215-FO4A

Wednesday, October 20

#6215-FO4B

Wednesday, November 10

#6215-FO4C

Wednesday, December 8

#6215-FO4D

Wednesday, January 19

## Learn How to Buy and Sell on eBay

Online auctions match buyers with sellers in a global marketplace for almost any item. Learn how to market your product, write the description that will make it sell for top dollar and accept credit card payments. This 12-session class may be taken at your convenience on your computer, whether at home or in the office. Lessons may be accessed 24/7. *Instructor: Education to Go is one of the country's leading online course providers and Kara Gordon and Shirley Muse own small businesses that earn revenues exclusively through selling on eBay.*

There is a \$69 fee for this 12-session online class starting on the following dates:

#6216-FO4A

Wednesday, October 20

#6216-FO4B

Wednesday, November 10

#6216-FO4C

Wednesday, December 8

#6216-FO4D

Wednesday, January 19

## Home and Office Computer Tutoring Available

ISD 197 Community Education offers Home and Office Computer Training. We will bring experienced and patient tutors to your computers (at home or in the workplace). All sessions are scheduled at your convenience and topics are based on your needs. Personal tutoring sessions are a minimum of two hours in length, and the rate is \$99 for two hours. Call 651-681-2389 or 651-405-2482 for more information.



# Make Something Special



## Introduction to Precious Metal Clay

Learn all about one of the newest art mediums Precious Metal Clay (PMC). PMC behaves like clay and responds well to hands and fingers. It can be rolled, coiled, pinched, and pressed into molds, but when fired it becomes 99.9% silver. Novice users can create pendants, charms, pins, beads and earrings. This class will teach the basics of working with PMC and students will create 3-4 unique, original jewelry pieces.

*Instructor: Angela Wutz is a certified PMC instructor with PMC connection. She has introduced hundreds of students to PMC, and also works with glass, mosaics, ceramics and various arts and crafts. She enjoys helping both children and adults express their uniqueness through art.*

#6155-FO4

Tuesday, September 28 & October 5  
6:30-8:30 pm  
Friendly Hills School  
2 sessions - \$59  
(Gemstones will be available for purchase. Price range \$ .50 to \$3.)

#6155-FO4B

Tuesday, November 9 & 16  
6:30-8:30 pm  
Friendly Hills School  
2 sessions-\$59 (Gemstones will be available for purchase. Prices range \$ .50 to \$3)

## Pottery

Through demonstrations and one-on-one guidance, learn how to throw pottery on the wheel and/or make handbuilt objects. The cost of clay is included in the fees; the cost of glazes will be paid to the instructor.

*Instructor: Linda Stout teaches a number of craft classes throughout the area. Her work is on display and for sale in a number of area galleries and arts centers.*

#6142-FO4A

Tuesday, October 5-November 16  
(no class Nov 2)  
6-9 pm  
Henry Sibley High School  
6 sessions-\$109

## Drawing/Painting Studio

The Henry Sibley High School art rooms will be open for individuals of any skill level who love to draw and paint. Subjects will be provided, or bring your own. Each class will begin and end with a short discussion of your project. There will be no direct teaching; instead there will be an atmosphere of mutual support and interest. Students will decide the direction of the class. A field trip? Painting outdoors? Bring your own supplies to class.

*Instructor: Angie Boehm is a speech pathologist in her "other life". She has a love and passion for drawing and painting! She has looked for an artistic outlet in the area and thought, "Hey, Let's start an open studio time!"*

#6119-FO4

Wednesday, October 6-November 17  
7-9 pm  
Henry Sibley High School  
7 sessions - \$49

◆ Watch for our ◆  
new offerings

## Braided Bath Mat

Bring all of those tattered bath towels from your linen closet and a sharp scissors, rotary cutter and mat. We will braid an absorbent rug for your bathroom, mudroom, or pet. All other supplies are included.

*Instructor: Nikki Kasper knows how to do everything. A multi-talented crafts person, her classes fill quickly.*

#6150-FO4

Thursday, September 23 & 30  
6-8 pm  
Friendly Hills School  
2 sessions-\$24  
plus a \$2 material fee -pay in class

## Japanese Washi Paper Pendant and Earrings

Using Japanese papers, students will create a lively pendant necklace. If you have them, please bring your own needle-nose pliers to class. All other supplies are included.

*Instructor: Nikki Kasper*

#6151-FO4

Thursday, October 28  
6-7:30 pm  
Friendly Hills School  
1 session-\$19  
plus a \$5 material fee-pay in class

## Basic Quilting

Learn rotary cutting, hand quilting, hand piecing, applique techniques and how to finish off your quilt in this four-session class. Make either a wall hanging or pillow. No sewing or quilting experience required! Please bring scissors, tape measure, pencil and paper to class.

*Instructor: Sharon Robinson is a third generation quilter. Besides teaching for a number of community education departments, Sharon teaches for the Minnesota Historical Society.*

#6800-FO4

Tuesday, September 28-October 19  
6-9:30 pm  
Westwood Ridge  
1 Thompson Avenue, WSP  
4 sessions-\$44  
plus a \$30 material fee-pay in class

## Needle Mania

Learn knitting and crocheting using fun novelty yarns and big needles. You can make hats, scarves, your own projects or your own desires. Bring your own supplies or they will be sold at class. Over 300 kinds of yarn are available to be purchased for your projects, including heritage and felting yarns that can be used for crochet felting projects!

*Instructor: Steve Berg owns a yarn shop in Rosemount. He teaches this class for a number of area community education departments.*

#6832-FO4

Tuesday, October 12-26  
6:30-9 pm

Needle Mania Yarn Garage  
2980-145<sup>th</sup> Street West  
(145<sup>th</sup> and Minnesota Highway 3)  
3 sessions - \$29

## Beginning Knitting

Learn all of the basics, plus fun stitches like cable and popcorn in this popular class. Pattern-reading, finishing techniques and yarn types are also discussed. Please bring size-8 knitting needles and a skein of light-colored 4-ply yarn to the first class.

*Instructor: Dottie Bronowski is a member of the Minnesota Knitter's Guild.*

#6833-FO4

Monday, September 27-November 15  
6:30-8:30 pm  
Westwood Ridge  
One Thompson Avenue, WSP  
8 sessions-\$55

## Beginning Crocheting

A complete crochet course from beginning to end, this course includes the basics, pattern reading, more advanced stitches and finishing. Left and right handers are welcome. Holiday patterns are available. Please bring a size "G" crochet hook and a skein of 4-ply knitting worsted yarn.

*Instructor: Dottie Bronowski*

#6830-FO4

Wednesday, September 29-November 17  
6:30-8:30 pm  
Westwood Ridge  
1 Thompson Avenue, WSP  
8 sessions-\$55

# Quality Creations



## Basket Weaving

Create a 10-inch natural red melon basket, also known as a "round egg basket" in this popular one-session class. The basket is the perfect place to put your mail. It is so pretty and has so many uses! Please bring scissors, hand towels, tape measure or ruler pencil, paper and two snap clothespins to class.

*Instructor: Sharon Robinson*

#6162-FO4

Tuesday, October 26  
6-9:30 pm  
Westwood Ridge  
1 Thompson Avenue, WSP  
1 session-\$14  
plus a \$15 material fee-pay in class

## Rag Rugs

The long winter nights are coming! Discover a new craft (combining crocheting and rug braiding) that you can do in front of a roaring fire. Learn the toothbrush method, hooked rugs, loom weaving and coiled rug making techniques in this two-session class. Bring a Q crochet hook and a yard of cotton material to class.

*Instructor: Sharon Robinson*

#6174-FO4

Tuesday, November 9 & 16  
6-9:30 pm  
Westwood Ridge  
1 Thompson Avenue, WSP  
2 sessions-\$29

## Sewing for Beginners

If you don't know how to sew, thread a needle, or are unhappy with a project that you have sewed, this is the class for you! Discover and use techniques for sewing your own skirt—one you will surely be proud to wear! Learn how to read and cut a pattern, how to achieve a comfortable fit, garment construction and other sewing tips. Prerequisites: Knowing how to operate a sewing machine and have access to one that you can bring to class (weeks 2-5). A supply list will be mailed to you by the community education office.

*Instructor: Suzanne Walsh is an area resident and has her own alterations and design business. She has taught sewing throughout the area.*

#6805-FO4

Tuesday, October 5-November 16  
(no class on October 19 & November 2)  
6:30-8:30 pm  
Mendota School  
5 sessions-\$46

## Candle Making Using Soy Wax ♦

Soy wax is a wonderful, sustainable alternative for making candles.

It burns much cleaner and longer than paraffin with reduced carbon build up. Not only is it renewable and biodegradable, but its use also helps support America's farmers. It is environmentally friendly; it promotes the growth and care of the environment by using plants. You will create two wax soy candles with the aromatherapy scents of your choosing. The candles are great gifts! Bring a friend. Be creative. Have fun!  
*Instructor: Lisa Ripperton is an area resident and owns her own home-based soap and candle making internet business.*

#6154-FO4

Tuesday, September 28  
6:30-9:30 pm  
Heritage School  
1 session-\$16  
plus a \$10 material fee-pay in class

# Can't Find What You Are Looking For?

If, after looking through this catalog, you still haven't found the class you are looking for, perhaps a neighboring community education department has just the class that you are looking for. Many of our neighboring school districts have copies of their catalogs available at your local Dakota County Library.

**Among the classes offered by the South St. Paul/Inver Grove Heights Community Education Department are:**



## Raising Money Without Asking

For years, clergy members and non-profits have raised money to help neighbors in the community without asking for a dime. Raising money is about knowing your organization's mission and purpose, identifying its needs, understanding the strategic ways to identify potential funding sources and maintaining good stewardship of the dollars received. Gain valuable tools for understanding the complex world of philanthropy and how our neighbors benefit, without asking for a dime.

*Instructor: Kim Blair is a successful grant writer for area non-profits.*

#5713-FO4

Monday, October 18

6:30-9 pm

South St. Paul High School,

700-2<sup>nd</sup> Avenue North

1 session-\$24

## Reiki I and II

Reiki is a technique for stress reduction and relaxation that allows one to tap into an unlimited supply of "life force energy" to improve health and enhance the quality of life. Journey into the art of hands on healing and discover the history and principals of Reiki, symbols of healing and practical implementations. Upon completion, students will be certified as a Reiki Practitioner and be able to administer full body Reiki sessions to others and themselves. This class is a combination of lecture, discussion and experience.

*Instructor: Sophia Mitchell has traveled to Asia and the Middle east studying various alternative methods of healing and mediation.*

#5270-FO4

Saturday, October 2 & 9

9 am-2 pm

South St. Paul High School

700-2<sup>nd</sup> Avenue South

2 sessions-\$99

## Nature Journaling

As our rural areas are lost to development, it is easy to live in a city and forget about the natural world around you. Explore the natural world from your backyard to preserved areas in a community by creating and maintaining a nature journal. Benefits to nature journaling include greater appreciation of and connection to nature and place, meditation and personal healing, an outlet for photography, drawing and creativity, a reason to get outside and an opportunity to improve your creative and writing skills. Your journal may be as simple as a three-ring holder or as ornate as you choose. The class will take place both inside and outside.

*Instructor: Tom Jablonski has been employed as an environmental engineer. He is currently employed as an Anoka County Ranger,*

#5439-FO4

Wednesday, October 6-27

(no class on October 20)

6-7:30 pm

Inver Grove Middle School,

8167 Cahill Avenue East

3 sessions-\$29

## Bonsai- The Art of Miniature Trees

If tiny oriental trees have ever fascinated you, this is the class for you! The mystique of Bonsai will be stripped away, as you design, create and learn how to maintain your own bonsai tree that you will take home at the end of the class.

*Instructor: Michael Porcaro has a collection of 175 Bonsai trees! He assists Como Park Conservatory with their acclaimed collection.*

#5438-FO4

Tuesday, September 28 & October 5

7-9 pm (September 28)

6-9 pm (October 5)

South St. Paul High School,

700-2<sup>nd</sup> Avenue South

2 sessions-\$35 plus a \$25 material fee

payable to the instructor

**The complete South St. Paul/Inver Grove Heights catalog can be found at [www.sspps.org](http://www.sspps.org) or at [www.invergrove.k12.mn.us](http://www.invergrove.k12.mn.us).**

You can register for their classes

online at [www.celearn4ever.org](http://www.celearn4ever.org)

(same site as our online registration).



# Town Square Television

5845 Blaine Avenue, Inver Grove Heights, MN 55076



## Television & Video Production Classes

Town Square Television is about empowering individuals & organizations with access to television: the world's most powerful communications medium. Northern Dakota County Cable Communications Commission (NDC4) and Town Square Television, a community nonprofit organization, provide a studio, edit suites, portable equipment, a production truck, access staff members, and seven access channels.

For information about memberships, classes, session dates, and volunteer opportunities, call: 651-451-7834, e-mail: [services@townsquare.tv](mailto:services@townsquare.tv)

### \* Introduction to Community TV

This class summarizes the opportunities available at Town Square Television. Included are channel and equipment use, public access overview and a tour of the Town Square Television facility. This class is a prerequisite for equipment class enrollment. No Prerequisite.

1 session                      Class Fee: FREE!  
Time for all sessions: 6:00 – 8:30 pm

### \* Basic Editing

Learn the principles and mechanics of editing. Topics include assemble & insert editing, control track, audio, and basic equipment adjustments. VHS, S-VHS, and 3/4" and digital formats are discussed. Equipment includes monitors, switcher, and CG! Prerequisite: Introduction to Community TV.

1 session                      Class Fee: \$25  
Time for all sessions: 6:00 – 8:30 pm

### \* Portable Video Production

Designed for beginners. Participants learn VHS/S-VHS camcorder equipment, basic audio, lighting, shooting for editing, and hands-on training. Prerequisite: Introduction to Community TV.

1 session                      Class Fee: \$25  
Time for all sessions: 6:00 – 8:30 pm

### \* Digital Field Production

Learn how to use DVC-15 digital camcorders for a higher level of production quality. Prerequisite: Field and editing experience & Introduction to Community TV.

1 session                      Class Fee: \$25  
Time for all sessions: 6:00 – 8:30 pm

### \* Studio Production

Designed for beginner or intermediate producers. Participants learn TV production in a studio setting, including planning, equipment operation, and crew. Use state-of-the-art 3-chip Ikegami studio cameras! Prerequisite: Portable video production class.

1 session                      Class Fee: \$25  
Time for all sessions: 6:00 – 8:30 pm

### \* Mobile Truck Production

Learn to operate the new mobile production truck. The truck is equipped to produce multiple camera coverage of sports, parades, and community events with little or no postproduction. Prerequisite: Studio experience.

1 session                      Class Fee: \$30  
Call for class session dates and times

### \* Sponsorship Class

Required class for producers who plan to solicit program sponsors. Prerequisite: Town Square Television Program Producer.

1 session  
Class Fee: Free to members  
Call for dates & times

Group classes can be arranged to suit your schedule! Advanced registration and payment required. For information about memberships, classes, session dates, and volunteer opportunities, call 651-451-7834 or E-mail: [services@townsquare.tv](mailto:services@townsquare.tv)  
Web: [www.townsquare.tv](http://www.townsquare.tv)



# The Access Project for People with Disabilities



The Access Project encourages and assists people with disabilities to be involved in the community and attend all Community Education classes and programs. For information or financial assistance, please call 651-405-2482. Use the Minnesota Relay Service (press 7-1-1 on your telephone keypad) for hearing impaired assistance.

## Advisory Council

The Access Project Advisory Council meets on the third Tuesday of September, December, March and June at 5 p.m. New members are always welcome. For information call 651-405-2482. Members of the 2004-05 Access Project Advisory Council are Peggy Darmody, Carolyn Dobis, Ellen Heggstad, Karl Kuester, Mark Ploumen and Susan Young.



## Special Olympics Minnesota

Special Olympics Minnesota provides a year-round program of sports training and competition for people with mental disabilities that contributes to lifetime physical fitness, personal growth and achievement. Through successful experiences in sports, the Special Olympics athlete gains confidence and builds a positive self-image associated with success. These experiences unite the community in understanding the full potential of people with mental disabilities to become useful and productive citizens. Special Olympics Minnesota athletes are men, women, boys and girls with mental retardation or a closely-related developmental disability. They are like other athletes. They train and compete. They learn to win and lose. They strive to do their best. They inspire us. Many of their events are held at ISD 197 facilities. For more program information or to volunteer at one of their events, call 612-333-0999 or visit their website at [www.somn.org](http://www.somn.org).

Coordinator: Dave Manthey  
Secretary: Kelly Wegener  
Phone: 651-681-2389

## ISD 197

### Data Privacy Policy

The District's information policies and regulations may be examined at any principal's office. A complaint for any failure to comply with the student privacy requirements of federal law may be filed with the Student and Family Education Rights and Privacy Policy Office, U.S. Department of Education, Washington, DC 20202. A complaint must contain specific allegations of fact giving reasonable cause to believe that a violation of the federal statute or regulation has occurred.

### ISD 197 Statement of Non-Discrimination

It is the policy of the ISD 197 School Board to comply with federal and state laws and regulations prohibiting discrimination. No person shall, on the grounds of race, color, national origin, creed, religion, sex, marital status, status with regard to public assistance, sexual preference, age or disability, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any educational program or in any terms or conditions of employment. Any person having questions concerning the district compliance with these mandates should contact: MaryAnn Thomas, Director of Human Resources, ISD 197, 1897 Delaware Avenue, Mendota Heights, MN 55118 (651-681-2394).



# South Suburban Adult Basic Education



Coordinator: Kathy Beatty  
kbeatty@sspps.org  
651-457-9441

## Take the NEXT step!

Call NOW to Enroll  
651-457-9441  
ABE@sspps.org

## Volunteers :

### **Real People Making Real Connections**

You can help people succeed  
Tutor adults in reading and  
language skills in a classroom  
setting. No experience needed.  
12 hour training provided by the  
Minnesota Literacy Council.

**For more information,  
call Carolyn Oleson**  
Adult Basic Education  
Volunteer Services  
651-457-9481  
email coleson@sspps.org

## Change Is a Step Away!

Skill building classes with personal attention. Morning, afternoon and evening class times available. Easy access to classrooms.

### **English Language Learning**

Build the language skills you need to be successful in work and community.

Improve your English through speaking, listening, reading and writing activities.

Study for the United States Citizenship test.

### **GED Preparation**

Sharpen your math and communications skills, or prepare for a GED (General Educational Diploma).

### **Family Learning – Roots and Wings/ Alas y Raices**

Improve your English skills and discover fun activities for your preschool-aged children.

### **Build Your Skills for Work**

Brush up your writing or math skills to find a new or better job. Prepare for a GED or for further training. Take advantage of Minnesota Workforce Center and other community resources.

### **West St. Paul Classroom locations:**

Augustana Lutheran Church  
1400 Robert Street

Somerset School  
1355 Dodd Road

Wentworth Library  
199 East Wentworth Avenue

Northern Service Center  
1 Mendota Road West



# Thompson Park Activity Center

## "A Program for Older Adults"



### Bring a Buddy Barbeque

Monday, September 13

11:30 am -12:30 pm

Bring a buddy or come alone for the best deal in town! Sit on our patio while gazing at our beautiful garden and enjoy a Dollar Dog with all the trimmings and a free drink. If you are a first time visitor, we will have our frequent users here to greet you, if you are a regular, come and meet a new friend.

### TPAC Advisory Council Members Needed

For an interesting and rewarding experience, apply for a position on the Thompson Park Activity Center Advisory Council. The Council advises the Center on policies, provides feedback on programs, oversees fundraising, and gives direction on policies.

The Council consists of 17 members and meets 4 times a year. This fall we have members retiring, so nominate a friend or apply yourself. Please call the Center for an application and return it to the Center by September 20.

### Game Companions Needed

Your time and talent are appreciated at TPAC. Game players needed to teach Scrabble, Euchre and 500.

Game companions could teach and/or assist new players until they get the hang of it. In addition, event planners or workers, receptionists, bingo callers and collators are in demand. If you can help, please call Barbara Eschle, 651-453-0025. If you would like to help, but need transportation, please call and we will try to work something out.

### Coffee, Cups and Lots of Stuff Needed at Center

As you probably know, the Center depends on not only a great volunteer crew but also your donations of supplies. We need cans of decaf coffee, six or eight ounce styrofoam cups, paper napkins and plates. Donations are appreciated and accepted anytime between 9 a.m. and 4 p.m. Monday through Friday.

## Program Information

Thompson Park Activity Center  
1200 Stassen Lane,  
West St. Paul  
Coordinator: Barbara Eschle  
[eschleb@isd197.org](mailto:eschleb@isd197.org)  
651-450-8291

TPAC is located at Thompson Park, 1200 Stassen Lane in West Saint Paul. Activities, classes, seminars and resources planned to respond to the needs and interests of adults over 55 years of age. The Center is open year round, 9-5 except for a few days around various holidays. Information and events added continually throughout the year in *The Thompson Time*, the TPAC's newsletter. To receive a newsletter, call 651-450-8291. *The Thompson Times* is free, but a donation for its publication will support our programs and events. All classes, activities and events held at Thompson Park Activity Center unless otherwise indicated. For timely information on added events, please visit our websites [isd197.org](http://isd197.org) or [comed.isd197.org](http://comed.isd197.org).

### Fundraising Goal for 2004-2005 - \$10,000

You can participate in activities or events at Thompson Park Activity Center free at a low cost; we do not charge a membership fee at this time. We hold several fundraisers and ask for donations from generous donors instead. With generous support from the community of older learners, we almost made our goal of \$10,000 for fiscal year ending 6/30/04. We fell short by a few hundred dollars; this year we are retaining our goal of \$10,000

Please send your donation to TPAC, 1200 Stassen Lane, West St. Paul, MN 55118, or drop it off in person so we can thank you personally.

## Dining Monthly Cards – TPAC Fundraiser

If you enjoy dining out and even better saving money, Dining Monthly Cards are the bargain you are looking for. Dining Cards give you a discount on area restaurants and other services once a month for one year. Not only will you get a deal, but also your purchase will benefit the TPAC. Dining Monthly Cards will be available after Labor Day at TPAC. Please call, 651-450-8291, or stop at TPAC, 1200 Stassen Lane to purchase a set. Cost:\$18.

## Legal Assistance

The Senior Law Project of the Twin Cities offers legal assistance and referrals for older adults of this area. Legal staff will meet with clients at the Center or at your home. Call the Senior Law Project at 651-224-7301 between 9 a.m. and noon to make an appointment. Wednesdays, September 1 and 15.

## TPAC Garden Club

Grow in knowledge at the Gardeners' Club that meets on the 4th Wednesday of the month, fall, spring and summer. Join them on Wednesday, September 22, 10:00-11:00 when they will evaluate the summer garden and plan for fall.

## Computer Learning Center

Open Mondays and Wednesdays Mentors can help you whether you are a novice or experienced computer user. Drop in anytime between 9 and 11 with your questions. We are hooked up to the Internet so you can email or do research on your special interest. We also have a Computer Club that meets one Thursday a month. If you are interested, call and leave your name and we will call you with the details.

## Exploring Our Roots Series ♦

Join us for a nostalgic slide journey taking you back in time to revisit our roots. Small towns were built around churches and schools. We will explore them all! Stories, humor, history, music and photography. Series: is *Churches in Minnesota*, Friday October 1, *School House Memories*, Friday, October 8, *Vanishing Landmarks*, Friday, October 29, *Barns of the Midwest*, Friday, November 5 and *Historic Courthouse*, Friday, November 12. Enroll in each class separately for \$5 or you take the whole series for \$20. *Instructor: Doug Ohman has traveled extensively throughout the Midwest and has captured the spirit of the land through photography*

## Beginning Swedish (new)

Learn Swedish in a way that is designed to be extraordinarily simple, yet successful and fun! You will be able to create simple sentences in the first class, barely realizing that you are learning grammar. We focus on the pronunciation of vowels, word cadence and learn the meaning of words by analyzing English-Swedish similarities. Tuesday, October 12-November 30, 10 am-Noon. 8 sessions-\$69 plus a \$15 material fee payable to instructor. *Instructor: Aina Wiklund is a native of Sweden. She loves teaching Swedish and is a student of six other languages! She knows how to make Swedish language simple for beginners.*

## Beginning Spanish

You will learn the fundamental skills of the language, vocabulary, verbs and grammar through real-life situations, dialogues, exercises and games. In no time, you will be speaking the language. Wednesday, September 29-November 3, 2-4 pm 8 sessions-\$69 *Instructor: Troy Jarret has a degree in Spanish and is employed in the ISD 197 School Age Care Program. Besides teaching Spanish, Jarret enjoys being a mentor to young people.*

## Tea Tasting ♦

Tea for two and two for tea...it is a hot new trend. However, what teas are the tastiest? You can sample teas from around the world in the one-session class. You will learn how tea is produced and to make the perfect cup of tea. Friday, November 19, 1-3 pm. 1 session-\$14.

*Instructor: Neal Grasdalen is an area resident who has lived in Taiwan. This popular class fills quickly.*

## The Good-Bye Party ♦

Discover how planning your funeral can positively affect your life now. Learn to create a funeral that reflects the authentic you, take care of your loved ones and give yourself peace of mind. Choose methods to maintain your plans through the years, and much more.

*Instructors: David Meyers and Stephen Willwerscheid are local morticians. Both are active in the community. Friday, October 1, 1-4 pm, one session-Free, but please register in advance.*

## AARP Driver Safety Schedule

Become a better driver and reduce your auto insurance premiums at the same time. By completing the AARP Driver Safety Program, a classroom-driving course, state law permits a reduction in your premiums. You must attend an eight (8) hour class before you can take a renewal four (4) hour class. A certificate lasts for three years. Classes are limited – register early. All classes are on Thursdays. Write your check to AARP for \$10. Separate checks for each registration.

## FULL LENGTH CLASSES (8 HOURS)

November 4 & 11  
5:00 pm-9:00 pm

## RENEWAL CLASSES (4 HOURS)

September 9	noon - 4:00 pm
September 23	noon - 4:00 pm
October 14	5:00 pm -9:00 pm
October 28	noon - 4:00 pm
December 9	noon - 4:00 pm



### Mind Flex

Forget about all those old birthday card jokes-keep your memory! Come flex your mind! Get in shape with fun mind-bending exercises and games. Brain research shows you can continue to grow your mind your whole life long. Your brain is like a muscle-use it or lose it. Using material from *Brain Aerobics*, Instructor: Mary Lou Sabin will engage you in interesting activities to increase your memory retention and yes, you can try these activities at home.

Four one-hour sessions. \$20  
Mondays, 10:00 am,  
September 13-October 4.

### Stroke: When Minutes Matter-American Heart Association

Learn and live. Can you name the five most common warnings of a stroke? This video presentation, sponsored by the American Heart Association, will explain the warning signs and risk factors of a stroke. Strokes are the third leading cause of deaths in the United States, claiming over 160,000 deaths per year. You will learn what your risks are for a stroke and how to control those risks. Free. Please register. Date: Tuesday, September 21

Time: 10:30 am

### Flu Shot Clinic

Tuesday, October 19  
9:00am-11:30 am \$16.

The Minnesota Visiting Nurse Agency is holding a flu and pneumonia shot clinic for anyone 65 years or older and other high-risk individuals. The nurses will use needles. Please wear a short sleeve shirt and be prepared to wait. The Minnesota Visiting Nurse Agency is a non-profit organization who supports health care services to the poor and disadvantaged families with proceeds from flu clinics.

**IMPORTANT:** To receive a free flu shot, you must present your Medicare Card, any Insurance Card and any voucher that you may have received in the mail late summer. Call 651-450-8291 for an appointment.

### Foot Care by Happy Feet

The foot care clinic will be conducting half-hour sessions by appointment only. A nurse will provide basic foot care including foot soak, trimming corns/calluses, foot massage, nail trimming and treating ingrown nails. To schedule an appointment with Happy Feet, call 763-560-5136.

### Beginning Yoga for Older Adults ♦

Beginning yoga class designed for older adults can improve your balance and focus. It is a slower paced class focused on breathing, muscle lengthening and relaxation. As with any physical activity, please check with you doctor before enrolling. Please bring your own exercise mat, yoga mat or towel. Dress in comfortable clothing. Monday, September 27-November 15, 2-3 pm, 8 sessions-\$54  
*Instructor: Lisa Ender teaches beginning yoga for numerous community education departments.*

### Arthritis and Stiff Joints ♦

Explore alternative options to manage arthritis stiffness and achieve pain relief. Learn about new research supporting the effectiveness of nutritional, exercise and neuromusculoskeletal options. Tuesday, October 5, 1-2:30 pm Thompson Park Activity Center 1 session-\$9  
*Instructor: Nathan Zachar, D.C., P.A. is an area resident.*

### Blood Pressure Clinic

Thursday, September 9  
9:30 to 11 am  
Receive a free blood pressure check from a nurse on the second Thursday of the month. No registration needed.

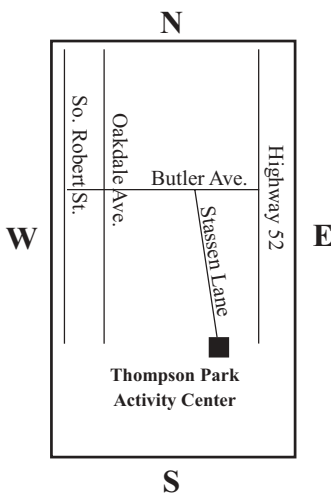


## Forever Fit for Men and Women

Get fit, have fun and meet new people, at Forever Fit. Besides the flexibility you will gain from exercising, you will develop a stronger heart, better coordination, fight osteoporosis, strengthen bones and slow down arthritis. Tuesdays & Thursdays, 9-10 am \$3 a class or \$25 for tickets good for ten classes. Instructor: Ruth Maday, seasoned exercise instructor.

## Weekly Duplicate Bridge Tournament

Elevate your bridge game by participating in weekly duplicate bridge tournaments. Sessions consist of an informative half hour mini-lesson followed by 2 1/2 hours of duplicate bridge play. This is ACBL sanctioned so you can win master points. This course is appropriate for players with less than 100 master points. Bring a partner and you are assured an opportunity to play. Directed by Mike Flader, experienced bridge teacher and a national director. Wednesday, 9 am-noon 8 sessions-\$49 or \$7 per session (pay at door). An intermediate class has been added. Call TPAC.



## Ongoing Activities at TPAC

### Senior Crafters

Mondays, 10 am

### Open Computer Learning Center

Mondays & Wednesdays, 9 am-11am

### McBingo at McDonald's

Wednesdays, 9:30 am

### Women's Cards

Wednesdays, 12:30 pm

### Mah-jongg

Thursdays, 1 pm

### Scrabble

Fridays, 9 am

### 500 Club

Fridays, 1-3 pm

### Open Bridge

Fridays, 1-3 pm

## Bimonthly

### Writer's Workshop

2nd and 4th Wednesdays, 1-3 pm

### Sing Along

1st and 3rd Fridays  
10:00-11:30am

### Norwegian Club

2nd and 4th Thursday  
10:15-noon

## Monthly

### Great Decisions

2nd Monday  
1-3 pm

### Nonfiction Book Club

3rd Monday  
1-2 pm

### Fiction Book Club

4th Tuesday  
10:15 am (at the Wentworth Library)

### Penny Bingo

2nd Thursday

### Red Hat Society

1st Tuesday  
10:30 am

## Great Decisions – Global Think Tank

Great Decisions meets the second Monday afternoon of the month for a provocative conversation on timely topics. Great Decisions' goal is to promote a better understanding about the history and issues that cause global conflicts. Sponsored by the Minnesota International Center and the Foreign Policy Association. *Facilitated by Grace McDonald, a retired teacher from the College of Saint Catherines.* Topic: Diverse Islam. Date: Monday, September 13. Time: 1:00 p.m.

## Fiction Book Club

Sharing thoughts on favorite books or recommending special authors is just part being a member of a fiction book club. Members choose books and take turns facilitating this monthly book club. Meets on the fourth Thursday morning at 10:15am at the Wentworth Library, 199 W. Wentworth. West Saint Paul. Free. Fall book club begins on Tuesday, September 28. For book selection, call TPAC, 651-450-8291

## Non-Fiction Book Club

If you are a fan of non-fiction literature and would like to discuss this literary form at our non-fiction monthly book club, come to an organizational meeting on Monday, September 20th at 1:00 pm, and we will see if we have enough interest to form a monthly non-fiction book club. *Facilitated by Virginia Lanegran, retired teacher with eclectic interest in politics, history and current events.*

## Author Alison McGhee

Transplanted New York author and now a resident of Minneapolis, McGhee will discuss her book *Shadow Babies*. *Shadow Babies* is a story of an only child of a single Mother who interviews a European immigrant for an oral history project for school. Her relationship with the man changes her and her understanding of the world. McGhee, previous winner of a Minnesota Book Award, also wrote *Was It Beautiful?* In addition, *Rainlight*, her follow up to *Shadow Babies* is in bookstores now. Free. Please register. Thursday, October 28, 7:00-8:00 pm

## Seminars for Inquiring Minds (SIQ)

The mission of *Seminars for Inquiring Minds* (SIQ) is to provide adults with convenient, inexpensive learning experiences in the humanities through challenging, in-depth daytime classes. *Seminars for Inquiring Minds* began five years ago as a grass roots movement, with help from the MN Humanities Commission in cooperation with the National Endowment for the Humanities. Call the Center for a completed flyer, 651-450-8291.

### I. The Genius of Gershwin- Who Could Ask for Anything More?

Enjoy the musical genius and a sample of the delightful song of George Gershwin. Gershwin wrote memorable songs that have survived decades of changing musical tastes. It may make some of us nostalgic for a more romantic time. Who can forget Gene Kelly's rapturous dancing in *American in Paris*? Location to be determined. Classes begin late September, please call center for a flyer.

*Carolyn Bliss is back with her popular music courses she has taught for Augsburg College of the Third Age and Senior Adults Learning Together.*

### II. The "Innocent" 50s: a prelude to the Turbulent 60s

Although there is much attention focused on the turbulent events of the 60's, events in the 50's started the movements that changed the direction the United States took. The Civil Rights Movement got a boost from the Supreme Court ruling that "separate but equal" was not legal. Baby boomers started filling the classrooms and the jet age took off. Europe and Japan began recovering from World War II and started reviving their economies. With more households owning televisions, changes could be communicated as it happened. You will learn about these events and more about the innocent 50s. Six sessions. Classes begin late September. Location to be determined, call center for a flyer. *Will Thorp is a retired mechanical engineer and has a degree from the University of Minnesota, and is a history buff with a mind for facts that could win him a spot on Jeopardy!*

### III. Landmark Supreme Court Decisions: How they Affected the U.S. and Us.

We will look at a number of Supreme Court decisions, which have had a significant impact. These decisions will be analyzed against the historical, social and political background of the time in which they were decided. Various views about interpretation of laws and the Constitution will be explored as well as matters of judicial interpretation. It may sound dull but Baird promises to keep the conversation sprightly. Classes begin late September. Location to be determined, call center for a flyer.

### IV. The Explosion of Religious Themes in Modern Literature

In the last few years, "religious" fiction has saturated the best sellers list. *The Left Behind* series, *The Red Tent* and *The Da Vinci Code* are among a few of the books that have expanded, speculated, and fictionalized verses from the Bible and other religious works. Sister Chester will explain the variety of ways religion is used in literature. Classes begin late September. Location to be determined, call center for a flyer.

*Sister Vera Chester, CSJ, is Professor Emeriti of the Theology Department at the College of St. Catherine.*

## Trips and Special Events

### Waffle Feed, Craft and Bake Sale

to Benefit Thompson Park Activity Center

Sunday, November 14, Waffles 9-1 and craft, bake, and art sale 9-4.

What a great way to begin a day! Great waffles, crafts items, and treats from the bake sale, and best of all, prices easy on your pocketbook. Waffle breakfast includes all the waffles you can eat, sausage, juice, and coffee. Call TPAC for tickets, \$6 adults, \$4 children 12 and under.

### Hubert H. Humphrey: The Art of the Possible

Minnesota Historical Society  
In November of 1968, Hubert Humphrey lost the Presidency to Richard Nixon by less than half of one percent of the popular vote. That election changed the course of American history. Minneapolis filmmaker Mick Caouette is producing biography of Humphrey for PBS and has interviewed 50 of the most influential Americans of our time, including Bill Moyers, Bob Dole, and Roger Wilkins. Caouette will discuss the making of the documentary and screen archival clips of this Minnesota icon. Registration deadline Tuesday, November 2.

Includes transportation (no entrance fees charged at the Historical Society)

Date: Tuesday, November 9, 10:30am  
Cost: \$5

### IKEA! Shop Until You Drop

Uff da the meatballs! Visit the hottest new shopping store in the twin cities.

Date: Wednesday, September 8.  
Time: Depart 9:30 am  
Return: 1:00 pm.  
\$5

## More Trips and Special Events

### Mendakota Park Pavilion\* Outdoor Concert

(Dodd Rd. and Mendakota Dr.),  
Mendota Heights  
Music by the Paul Heffron Band!  
Free Root Beer Floats!  
Wednesday, September 1 – 6:30 p.m.

Bring your own lawn chair and enjoy an end of the summer concert in the park. Paul Heffron and his quartet will play your favorite songs; old time, modern, and the big band sound. Free root beer floats provided by the Thompson Park Activity Center. No sign up is required. The concert sponsored by the Mendota Heights Park and Recreation. \*If it rains, the concert will be held at the Village Commons of Mendota Heights (community room), 720 Linden St. – Hwy. 110 and Dodd Rd.

### Snoopy's Doghouse and Grand Avenue

You will be in the doghouse if you do not hurry to sign up for a guided tour of Snoopy's Doghouse statues in downtown St. Paul. First, of course, we must eat, and what a treat. We will dine at the Tavern on Grand known for their Minnesota walleye. After lunch, we can shop along Grand Avenue with its un-mall like appeal. You can shop for books, clothes, bakery goodies, kitchen gadgets and other neat stuff at Grand and Victoria and at Grand and Lexington. In the afternoon, we will meet a tour guide who will point out special features of the exhibit and talk about Snoopy's creator, cartoonist Charles M. Schulz. The tour includes lunch, motor coach transportation and guided tour. If you would prefer a chicken breast instead of fish, please indicate on your registration slip.

Date: Thursday, September 16  
Time: Departs at 10:45 a.m.  
Returns at 3:30 p.m.  
Cost: \$39

Registration closes  
Monday, September 6

### "Tom, Dick and Harry" at the Old Log Theater- lunch included

There are many laughs when Tom and Linda want to adopt a baby. Their attempts at making a good impression at the adoption agency go awry. Tom's brothers Dick and Harry want to help but can they. Will they put a lid on their smuggling operations, a stray medical cadaver and a group of illegal Croation refugees? Includes transportation, lunch and performance.

Date: Thursday, September 30  
Time: Departs 10:30 a.m.  
Returns 3:45 p.m.  
Cost: \$42

Registration closes  
Thursday, September 16

### Spoooner Train and Fall Color Tour

After we stop for morning coffee and rolls at the Chisago House in Taylors Falls, we will drive to Spooner and view the beauty of the changing trees, migrating birds and possible sightings of wild life. We will then board the Great Northern Railroad train and enjoy the relaxing scenery as we slowly travel into the changing colors of autumn. We will enjoy the Empire Builder luncheon in the dining car with several choices on the menu including coffee or lemonade. After the train ride we will take the bus back and may make an optional rest stop for refreshments (on own). Includes motor coach transportation, train ride and lunch.

Date: Thursday, October 7  
Time: Departs 9:00 a.m.  
Returns 6:30 p.m.  
Cost: \$59

Registration closes Monday,  
September 13

### Duluth Historic Homes and Progressive Lunch

We will first make a stop in Hinckley for coffee and rolls at Toby's; then we'll arrive in Duluth and take the Skyline Drive to the scenic shores of Lake Superior. Our progressive lunch and guided tours will be at three premier historic Bed and Breakfast Inns in Duluth.

Guests will need to manage a short flight of about six steps into the Inns. If time permits, we may make a stop at the Lake Superior Maritime Visitor Center and may schedule a stop for an afternoon break (on own). Includes motor coach transportation, lunch and tours.

Date: Wednesday, November 10  
Time: Departs: 8:00 a.m.  
Returns: 6:00 p.m.  
Cost: \$55

Registration closes  
Monday, October 25

### Christmas at Fanny Hill Theater and Lunch

Our motor coach will take us through the beautiful countryside of Wisconsin near Eau Claire for the Christmas at the Fanny Hill Celebration. View the beautiful lights, animated scenes and glistening winter wonderland. Enjoy a festive holiday luncheon of Turkey and all the trimmings including beverage and dessert. Next, we will enjoy the Fanny Hill matinee performance of *Christmas at Rudy's*. Our hero, Rudy, invites a friend over for the holidays and wants him to meet his available mother. Put two and two together, but when you are dealing with Rudy, you are bound to end up with one and a half! Enjoy a show full of holiday happiness and fun. Includes transportation, lunch and performance.

Date: Thursday, December 9  
Time: Departs: 10:00 a.m.  
Returns: 6:00 p.m.  
Cost: \$59

Registration closes  
Monday, November 15

# Early Learning Programs



## ECFE – Early Childhood Family Education

651-405-2638 Somerset School  
ECFE is a program that offers parents and their children from birth to prekindergarten opportunities to grow and learn together in a supportive, stimulating environment. ECFE classes meet at Somerset School, 1355 Dodd Rd, Mendota Heights.

## Healthy Beginnings

651-405-2638  
Healthy Beginnings is a free home visit program for all expectant parents and families with a new baby. Along with delivering a “Welcome Baby” bag, home visitors offer practical tips and parenting information.

## Dakota Healthy Families

651-554-6219  
This program provides home visiting services for District 197 families prenatal or at birth who are faced with potential parenting challenges. The program coordinates and delivers health, educational and social services to help parents learn about ways to care for their families.

## Building Bridges

651-405-2638/405-2944  
Westview Park Apartments & Garlough School  
Building Bridges is an exciting program available to families with children birth to kindergarten who live at Westview Park Apartments or in the surrounding apartments. Building Bridges also provides a program in Spanish for our Latino families at Garlough School.

## Roots & Wings – English Language Learning Program

651-405-2638  
Somerset School  
Classes are offered to parents and their young children. Parents meet with an Adult Basic Education (ABE) teacher to develop an individual plan to improve English, math, reading or writings skills or to prepare for a GED diploma. They also discuss parenting skills and community resources with a parent educator. Children play and learn through activities that prepare them for school.

## ISD 197 Community Preschool

651-405-2638  
Mendota & Moreland School  
Community Preschool is offered at Moreland and Mendota schools for 3, 4 and 5 year old children. Registration for Fall, 2005 will be mailed after January 1<sup>st</sup>. Children must be 3 or 4 years old by September 1, 2005.

Coordinator: Sharon Gagner  
Secretary: Dolly O'Rourke  
Phone: 651-405-2638  
Fax: 651-405-2632

## Preschool Pals

651-405-2638  
Somerset School  
Preschool Pals is a six week summer program for 4 & 5 year olds that prepares children for kindergarten. Registration for Summer 2005 will take place in early spring.

## School Readiness

651-405-2638  
Garlough School  
School Readiness is for families with children 3 1/2 to 5 years old. This preschool program helps children prepare for kindergarten. Families who are interested need to complete the School Readiness application to qualify for the program.

## Early Childhood Screening

651-405-2483  
Various Locations  
The State of Minnesota requires that children be screened before entering kindergarten. You should receive notification by mail on or near your child's fourth birthday.

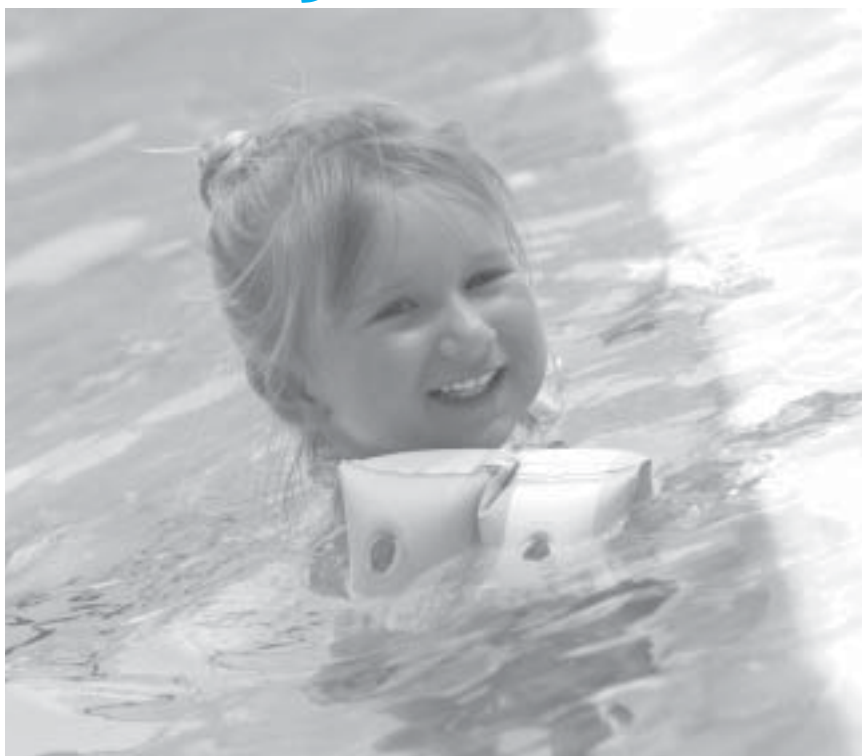
## BOND – Building on New Developments

651-681-2334  
Sibley High School  
BOND is an elective course offered at Sibley High School to pregnant and parenting students.

*Tenemos diferentes programas para las familias Latinas donde nuestro personal esta entrenado en conceptos que tienen que ver con la organizaci—n de las familias, sus valores, diferentes formas de criar y disciplinar a nuestros niDos y los diferentes conceptos de como ser un buen padre.*

*Para mas informaci—n de cualquiera de estos programas comunicate con Carmen Pineda al 651-405-2944.*

# Swimming Lessons



## All aquatics instruction/lessons take place at the F.M. Grass Pool

at Heritage Middle School, 121 West Butler Avenue, West St. Paul.

Call 651-681-2389 for more information or registration assistance.

The swimming registration form is on page 25.

**Learn to Swim** is a nationally recognized program of the American Red Cross. It encourages each child's success by developing strokes and swimming endurance, one step at a time.

**Please read the lesson descriptions thoroughly** to determine the appropriate level for your child. If you have questions about your child's level, please be sure to attend the first session. A member of the staff will review swimming skills and determine if children are placed in the correct class. Placement of all students is subject to the discretion of the head instructor and the program coordinator.

**Parents, please write on the registration form if your child has a mental or physical disability.** This helps insure we provide adequate pool staff for the program.

**Students must furnish their own towel and suit.** Caps are not required. Showers before and after lessons are encouraged.

**Please leave valuables at home.** Neither the aquatics staff nor Community Education is responsible for lost or stolen items.

**Spectators must be seated in the bleachers.** Children not enrolled in the class must remain in the bleachers with a parent.

**Please be on time!** Every minute of our swim lessons is important. We ask that all students arrive in plenty of time to be ready to enter the water at the exact start time listed. Thanks!

## Tiny Tots

This class is designed for children 8 months to 4 years of age. An adult must accompany his/her child in the water. This program gives parents information and techniques to help orient their children to the water and to supervise water activities in a safe manner. Water safety is emphasized as the child begins to adjust to the water. Snug fitting rubber pants are required for infants and toddlers.

#6100-FO4

Wednesday, September 29-November 17

6-6:30 pm.

8 sessions - \$47

## Level I: Water Exploration

Students are introduced to basic swimming and water safety skills that they will use as they progress through the "Learn to Swim" program. Children must be at least 4 years of age.

#6101-FO4A

Wednesday, September 29-November 17

6-6:30 p.m.

8 sessions - \$49

#6101-FO4B

Saturday, October 2-December 4

(no class on October 23 & November 27)

9:30-10 a.m.

8 sessions - \$49

## Level II: Primary Skills

Skills presented in Level I will be improved upon and combined as students begin swimming independently over short distances. Students must have a Level I certificate or be able to demonstrate all of the completion requirements in Level I.

#6102-FO4A

Wednesday, September 29-November 17

6:45-7:30 p.m.

8 sessions - \$49

#6102-FO4C

Saturday, October 2-December 4

(no class on October 23 & November 27)

10:15-10:45 a.m.

8 sessions - \$49

**Level III: Stroke Readiness**

Students begin to coordinate front and back crawl and are introduced to the elementary backstroke. Skills are refined in both shallow and deep water. Students must have a Level II certificate or be able to demonstrate all of the completion requirements in Level II.

#6103-FO4A

Wednesday, September 29-November 17  
6:45-7:30 pm  
8 sessions - \$51

#6103-FO4B

Saturday, October 2-December 4  
(no class on October 23 & November 27)  
9:30-10:15 am  
8 sessions - \$51

**Level IV:  
Stroke Development**

The strokes and skills learned in previous levels are practiced. The breaststroke and sidestroke are introduced and endurance is increased. Students must have a Level III certificate or be able to demonstrate all of the completion requirements in Level III.

#6104-FO4A

Wednesday, September 29-November 17  
7:30-8:15 pm  
8 sessions - \$51

#6104-FO4B

Saturday, October 2-December 4  
(no class on October 23 & November 27)  
10:15-11 am  
8 sessions - \$51

**Private Swimming Lessons**

No matter your age, would you prefer private lessons? Our trained and licensed pool staff is available to teach private lessons. The lessons are 30 minutes long and last for five weeks.

#6106-FO4

To be determined  
5 sessions - \$99

**Aqua Exercise**

Exercise in the comfort of water. Aerobic and other exercise techniques are used in this class, which is set to music. Swimming skills are not necessary.

*Instructor: Barb Malamen teaches this popular class for adults. She also teaches lessons in our swimming program.*

#6180-FO4

Saturday, October 2-December 4  
(no class on Oct 23 and Nov 27)  
8:30-9:30 am  
F.M. Grass Pool  
8 sessions-\$47

**Water Walking/  
Deep Water Running**

This program uses walking or running in both shallow and deep water for aerobic conditioning with increased resistance and decreased impact. Flotation equipment is provided for the deep water workout. The format includes a warm-up, cardiovascular conditioning, stretching, toning and cool down.  
*Instructor: Liz Connelly teaches this popular class. She is a physical therapist at Courage Center.*

#6181-FO4

Thursday, October 14-December 9  
(no class on Oct 21 & Nov 11 & 25)  
7:30-8:30 pm  
F. M. Grass Pool  
6 sessions for \$37

**Open Swim**

Saturday, October 2-December 4  
(no Open Swim on October 23 & November 27)  
Noon -1 pm

The Winter/Spring 2005 Swim Lesson Schedule will be available on December 15. Call 651-2389 to request a copy. Lessons will resume January 22, 2005.

**Swimming Lesson  
Registration  
Information:**

Mail the completed form with a check or money order made out to ISD 197 or Visa/MasterCard information to:

Community Education Swim Lessons  
1897 Delaware Avenue  
Mendota Heights, MN 55118

Or call the Community Education Office at 651-681-2389, Monday-Friday, between the hours of 7:30 a.m. and 4 p.m. with your registration and Visa/MasterCard information. Phone registrations can be accepted only for those paying by credit card.

Or bring completed registrations and payments to the Community Education Office located at Henry Sibley High School, 1897 Delaware Avenue, Mendota Heights. Cash, checks or money orders are all accepted when you pay in person. Regular office hours are Monday-Friday, 7:30 am-4 pm

Or register online at  
[www.celearn4ever.org](http://www.celearn4ever.org)

# Swimming Lesson Registration

Fill out one registration form for each person.

This form may be copied if additional forms are needed.

*Use this form for SWIMMING LESSONS ONLY*

See instructions on previous page to find out where to mail it, drop it off, or phone it in.

## Personal Information:

Child's Name \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Special Needs \_\_\_\_\_

## Lesson Information:

Lesson # \_\_\_\_\_ Lesson Name \_\_\_\_\_

Start Date \_\_\_\_\_ Start Time \_\_\_\_\_ Fee \_\_\_\_\_

## Payment Information:

Payment Amount \_\_\_\_\_

**Make checks and money orders payable to ISD 197.** Cash (In person only-do not send cash through the mail)

**If paying by credit card, fill out information below:**

Exact Name On Card \_\_\_\_\_ Charge my:  Visa  MasterCard

Payment Amount \$ \_\_\_\_\_ Card Number: \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_

Cardholder's Signature \_\_\_\_\_

**Office Use Only:** Check # \_\_\_\_\_ Amt. Enclosed \_\_\_\_\_ Date \_\_\_\_\_

## Release:

I hereby grant permission for my child to participate in swimming lessons. I acknowledge the fact that conditions inherent to sports and certain other activities expose the participant to risks of injury. I agree, as my child's parent or guardian, to assume all risks, costs or losses sustained by my child, my child's family or me in connection with participation in this activity. If emergency treatment is necessary and I cannot be reached, my permission is granted for emergency resources to transport my child to an appropriate medical facility. The child will be transported at my expense. Further, I hereby release District 197 from any liability in the event of an injury.

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

**Mail with your payment to:** Community Education Swim Lessons  
1897 Delaware Avenue  
Mendota Heights, MN 55118

# Facility Use

## Did you know?

District 197 encourages the use of school facilities by district citizens. Independent School District 197 serves the communities of West St. Paul, Mendota Heights, Eagan, Mendota, Sunfish Lake, and Inver Grove Heights.

## Scheduling Priority:

**Class 1 and 2:** K-12 and Community Education programs

**Class 3:** Nonprofit: Non-revenue generating; those that do not charge a fee.

**Class 4:** Profit: Revenue generating events; those that charge a fee.

**Class 5:** Commercial and for-profit groups and individuals.

### To use District facilities follow these simple procedures:

1. Call 651-681-2397 and ask for a *Facility Application Form*. The form can also be found at [www.comed.isd197.org](http://www.comed.isd197.org) and click on Facility Use. Return the form at least 14 days before the event to: Community Education, 1897 Delaware Avenue, Mendota Height, MN 55118. Be sure to include the \$10 application fee.
2. Staff will review the permit, complete the approval section and establish costs according to the Facility Use Fee Schedule.
3. The applicant will be informed of confirmation or rejection of request.

Coordinator:  
Dave Manthey  
Secretary: Sonya Fruen  
Phone: 651-681-2397

## Facility Locations

**1. School District Offices & Community Education Office**  
1897 Delaware Avenue  
Mendota Heights

**School District Offices**  
651-681-2300

**Community Education Office**  
651-681-2389

**1. Henry Sibley High School**  
1897 Delaware Avenue  
Mendota Heights  
651-681-2350

**2. Friendly Hills Middle School**  
701 Mendota Heights Road  
Mendota Heights  
651-905-4100

**3. Heritage Middle School & Youth Programs**  
121 West Butler Avenue  
West St. Paul  
651-905-4000

**3. F.M. Grass Pool**  
121 West Butler Avenue  
West St. Paul

**4. Garlough Elementary School**  
1740 Charlton Street  
West St. Paul  
651-405-2673

**5. Mendota Elementary School**  
1979 Summit Lane  
Mendota Heights  
651-405-2451

**6. Moreland Elementary School**  
217 W. Moreland Avenue  
West St. Paul  
651-405-2531

**7. Pilot Knob Elementary School**  
1436 Lone Oak Road  
Eagan  
651-405-2788

**8. Somerset Heights Elementary School & ECFE Office**  
1355 Dodd Road  
651-405-2631

**9. Thompson Park Activity Center**  
1200 Stassen Lane  
West St. Paul  
651-450-8291



# Eagan Parks & Recreation



The Eagan Teen Center at 1501 Central Parkway is a great place for youth in Middle School and High School to hang out. The space was designed by teens for teens and offers a variety of free and inexpensive activities. If you want to get in on it come check us out, stop by and tell us what you would like to see us add. Bring your friends and have a "Dance Dance Revolution" contest. Or recruit a band for our Friday Night "Bring the Noise". Maybe you are a card player; join our new Chipolte Card Club. What ever your interests, we have something for every one.

## We hope to see you visit:

Monday – Friday  
from 2:30-8 pm

School Release Days  
from 1-8 pm

Saturday from 1-6 pm

Holiday schedule varies see community center postings. Classes scheduled for teens in the center will affect the open hours. See Class Schedule. The first and third Tuesdays of the month the center closes at 5 for E-TAB and staff meetings.

## Dodgeball League

Get a team together for Eagan's first Dodgeball league!!!! Referees will be present during games and will be keeping track of each team's record. The team with the leading score by the end of November will win the grand prize! (Prize will be revealed on the last day of the tournament. Can't get a team together? Don't worry, we can put a team together for you! So recruit your friends and class mates and strut your stuff! Register individually or as a team.

High School Students  
Wednesday, October 6 - November 17

Middle School Students  
Friday, October 8 –November 19

4:00 to 6:00 pm  
\$2 per participant  
Minimum of 5 players ~ per team  
10 players maximum ~ per team  
Eagan Community Center Gym

## Teen Center Special Events

### Bring the Noise

Come listen to local garage bands play at the Eagan Teen Center. Bands play twice a month. Please call the Eagan Teen Center at 651-675-5500 to find out band times and specific dates

Friday Nights  
7:30 to 9:30 pm  
\$3 for participants  
Middle school students and up  
Must have photo ID to enter

### Bounce '04

First Friday of the month the Eagan Teen Center will be hosting middle school dances. Come dance to great music, win prizes, and meet new people! You must have a photo ID to get in!

First Friday of each month  
(starting October 1)  
7:30 to 9:30 pm  
\$3 per participant

## Teen Center One Year Anniversary

Help the Eagan Teen Center staff in celebrating our one year anniversary! Come for a night of dancing, sumo wrestling, basketball playing, and meeting new people! The events are Free, but bring a photo id to get in!

See you on Friday, September 24<sup>th</sup>  
from 7:00 to 9:45 pm, FREE just remember to bring your photo id, for all Middle and High School students

## To register call:

**Eagan Parks & Recreation**  
**651-675-5500**

### Internet Safety Class

This seminar is designed for parents of teens who have an active Internet connection in their home. Through the use of slides, live online demonstrations and discussion, the instructor will demonstrate the risks of unsupervised online activity by middle and high school age teens. Topics include instant messaging, chat rooms, e-mail harassment, pornography, Internet threats, and general online safety.

*Doug Matteson is a 19-year veteran of the Eagan Police Department. He has worked as a police detective for the past 12 years, including four years as a School Resource Officer in Eagan schools. Detective Matteson has conducted numerous investigations resulting in felony convictions in the area of Internet fraud.*

#### Saturday, September 18<sup>th</sup>

10:00 to 12:30 pm  
(register by Friday September 10)

#### Tuesday, September 21<sup>st</sup>

7:00 to 9:30 pm  
(register by Tuesday September 14)

Free for participants  
pre-registration required  
limited space  
Eagan Community Center Teen Center  
Who should attend?  
Everyone from youth to adult!

### Self-Defense and Personal Safety Series ~

**Kid Smart & Street Smart**  
As seen on TV ~ nightly news, learn how to protect yourself and be street smart! Master Malone has 15 years of experience in martial arts and has designed a program for you. Quick response to “no-win” situations, how to get out of holds, what to say and how to take action, all techniques to keep you safe on the streets. Be confident and take control! Classes are held at the Eagan Teen Center

**Kid Smart**  
**September 26**  
**1-3pm**  
**Age 6-12**  
**min 5 max 30**  
**\$35**

**Street Smart**  
**September 26**  
**3:15-5:15pm**  
**Ages 13-adult**  
**min 5 max 30**  
**\$35**



### Vikings Football Parties

(with half time contests!)  
Whether you love ‘em or hate ‘em, join the teen center staff on Sunday’s for Viking’s football games! Root for your favorite team on, or relax and participate in our Teen Center’s Half Time Contests! For more details, please contact the Teen Program Assistant at 651-675-5516.  
GO Vikes!

Sundays  
October 3, 10, 24, and November 21  
(No parties on October 17, 31 and November 28 due to holidays or times games are scheduled)  
\$1 per party  
12 to 4:30 pm  
Eagan Community Center Teen  
All ages!

### The Blast

Plan an exciting adventure for kids ages 2-12 at The Blast, 1501 Central Parkway. Explore new galaxies. Climb two 25 foot towers or launch down a 20-foot twisting slide, all surrounded by space-themed murals. Call 651-675-5550 or log on to [www.cityofeagan.com](http://www.cityofeagan.com) for more details.

### Halloween Hodgepodge

The fall wind is howling and the skeletal leaves are falling to the ground. Halloween is creeping up with all new adventures for everyone! Come out to the Eagan Community Center (1501 Central Parkway) for indoor and outdoor Halloween fun!

Sunday, October 24  
4:00 – 8:00 p.m.  
\$3 per participant  
plus a food shelf donation item

**Creepy Crafts** 4– 6:30 pm

**Haunting Horrors Hall** 6-8 pm

**Spooky Stage** 4– 6:00 pm

**Terror Trail** 6:30-8 pm

**Ghostly Games** 5– 7:00 pm

**Tails in the Graveyard**  
6:45 and 7:45 pm

**Scary Sensations Station** 4 – 8:00 pm

### Volunteers Wanted!

Volunteers make the Halloween Hodgepodge a spooky sensation each year! More than 100 volunteers gather to transform Northview Park into a Halloween -playground for families and brave souls. It’s a great experience for community service groups like high school clubs, scouts and individuals looking to celebrate an evening of scary fun. Volunteer areas include:

- Staff for games, crafts, and other stations
- Ticket personnel
- Set up and take down assistance
- Terror Trail fright stations
- Trail guides for Terror Trail
- Wandering characters
- Adult trail supervisors
- Pre-event assistance (one week before event)

For more information on how you can be part of the volunteer crew, please complete the form below or call 651-675-5500 and ask for Paula or Cathy.

### To register call:

**Eagan Parks & Recreation**  
**651-675-5500**

# ISD 197 Community Education Offering Driver Education Program

ISD 197 Community Education will offer driver education instruction during the 2004-05 school year to students age 15 years and older.

## Classroom instruction

Classroom instruction will be offered at Henry Sibley High School, 1897 Delaware Avenue. A minimum of 15 students is required to run the class. If a class is canceled because of low enrollment, you will be notified by Community Education.

**The classroom phase of Drive Education will be offered on the following dates:**

#7305-FO4A	Tuesday, September 7-Monday, September 27
#7305-FO4B	Monday, October 11-Tuesday, November 2
#7305-FO4C	Monday, November 15-Wednesday, December 8
#7305-FO4D	Monday, January 3-Thursday, January 27

The class will be held from 2:40-4:40 pm in Room B212. Students who need bus transportation home after the classroom portion, may take the Activity Bus leaving Henry Sibley High School at 4:55 pm. If, because of illness or other emergency, a day or two is missed, the student can attend the make-up days in the next session. A completion card cannot be issued to any student until the classroom phase has been completed. **THE FEE FOR CLASSROOM INSTRUCTION ONLY IS \$100.**

Once a student has completed the classroom instruction, is enrolled in a Behind-The-Wheel program, has paid the necessary fees and is 15 years of age, s/he may take the permit test at any State Exam station.

## The Behind-The-Wheel

**The Behind-The-Wheel Driver Education Program will be offered**

through the South St. Paul/Inver Grove Heights Public Schools. Behind-The-Wheel instruction occurs after school, on Saturdays, during student vacations throughout the school year, or in the summer. To schedule Behind-The-Wheel instruction, call Kevin Auge at 651-306-7868. **THE FEE FOR BEHIND-THE-WHEEL INSTRUCTION ONLY IS \$240.**

Any student who fails to attend a scheduled Behind-The-Wheel appointment without notifying the instructor in advance will be charged \$50.

If a student is not able to complete the Behind-The-Wheel portion, a refund will be issued minus a \$5 service charge.

Student's Name (Please print) \_\_\_\_\_

Address \_\_\_\_\_

Phone Number (day) \_\_\_\_\_ (evening) \_\_\_\_\_

Birthdate \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_

Parent's Signature \_\_\_\_\_

E-Mail \_\_\_\_\_

\_\_\_ \$100 Classroom Instruction ONLY (please indicate class section)

\_\_\_ #7305-FO4A                      \_\_\_ #7305-FO4B

\_\_\_ #7305-FO4C                      \_\_\_ #7305-FO4D

\_\_\_ \$240 Behind-The-Wheel Instruction ONLY

\_\_\_ \$290 Both Programs

Check or credit card information must accompany registration. Make checks payable to ISD 197. Mail or bring completed form to: Community Education, 1897 Delaware Avenue, Mendota Heights MN 55118. You may also register by credit card by calling 651-681-2397, or register online at [www.celearn4ever.org](http://www.celearn4ever.org).

\_\_\_ VISA \_\_\_ MasterCard                      Exp. Date \_\_\_\_\_                      Amount Charged \_\_\_\_\_

Account Number \_\_\_\_\_

# Community Education Policies & Information

## Fall Registration Now Open

Registration begins when you receive your catalog. Registration remains open until each class is filled or cancelled. We encourage you to register early!

Unless otherwise indicated, Community Education adult learning programs are open to everyone age 12 and older.

You may register for up to three classes on each form found in this catalog.

Make one payment by check, MasterCard or VISA to cover all adult registrations.

**PAYMENT IS DUE AT TIME OF REGISTRATION!**

## Register Today!

### By Mail

Mail your completed registration form with a check, money order or VISA/MasterCard information to:

Adult Programs Registration  
 ISD 197 Community Education  
 1897 Delaware Avenue  
 Mendota Heights, MN 55118

Checks and money orders should be made payable to ISD 197.

### On the web

at [www.celearn4ever.org](http://www.celearn4ever.org)

You can register for any adult learning class or for swimming lessons at [www.celearn4ever.org](http://www.celearn4ever.org) (after September 1). This is a secure sight. It is available 24/7, 365 days a year.



### At ISD 197 School Open Houses

Community Education staff will be at the Open Houses in ISD 197 to accept your community education class registration. Please call the school for times.

#### The Open House Schedule:

**Garlough Elementary**

Monday, August 30

**Mendota Elementary**

Monday, August 30

**Moreland Elementary**

Monday, September 9

**Pilot Knob Elementary**

Monday, August 30

**Somerset Elementary**

Monday, August 30

**Friendly Hills Middle School**

Thursday, August 26

**Heritage Middle School**

Thursday, September 9

**Henry Sibley High School**

Monday, September 13

### By Fax 651-405-2901

Fax your completed registration form, including VISA/MasterCard information. The fax line is open 24 hours a day for credit card registrations only.

### By Phone 651-681-2389

Phone registrations are accepted from 7:30 a.m. to 4 p.m., Monday through Friday, for registrations being paid by VISA/MasterCard.

### In Person

The Adult Programs Office is located at the ISD 197 District Office, 1897 Delaware Avenue, Mendota Heights. Office hours are 7:30 a.m.-4 p.m., Monday through Friday. Enter through the main doors at Henry Sibley High School and stop at the high school office. Cash, checks and credit cards are all accepted when you pay in person. Please make checks payable to ISD 197.

# Community Education Registration



## No news is good news!

You will only hear from us in the event of a class change, a class cancellation or if the class is full. If you do not hear from us, YOU ARE IN!

## Fee Assistance

ISD 197 Community Education is committed to serving the residents of our community through affordable enrichment programs. Call Community Education at 651-681-2389 for information.

## Cancellation

If there is insufficient enrollment for a program, you will be notified by phone or mail, and you will receive a full refund. Please include on your registration form a phone number where you can be contacted during the day. Community Education assumes no responsibility for reaching registrants who do not provide a daytime phone number.

Classes may be cancelled due to inclement weather or for other unavoidable reasons. These sessions are made up whenever possible.

**Cancellations due to severe weather** are announced on WCCO radio station (830 on the AM dial). Channel 4 (WCCO), Channel 5 (KSTP) and Channel 11 (KARE) will also be notified. The district will be listed as: West St. Paul/Mendota Heights/Eagan. You will NOT be called by Community Education. Call 651-681-2389 after hours for weather cancellation information.

## Refunds

Your money will be refunded if your class is cancelled due to insufficient enrollment or if the class is filled before we receive your registration. If you must cancel your class registration, we need to receive your request no later than 4 p.m. two working days prior to the first day of class for a full refund. Cooking class cancellations must be received seven days prior to the first day of class. Refunds are not issued after a class has begun. Refunds are not possible when classes are rescheduled because of weather.

## Photographs

Photographs, videos and other documentation taken at school or community education activities throughout the year may be submitted to newspapers, used on the District website or appear in District publications. Written requests not to publish photos of specific students will be honored.

## Adult Program Registration

Name \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ ZIP \_\_\_\_\_ Email address \_\_\_\_\_

Do you have any special needs (health, allergy, etc.) that the instructor should know about? \_\_\_\_\_

\_\_\_\_\_

**1st Course:#** \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_  
 Title \_\_\_\_\_ Fee \_\_\_\_\_

**2nd Course:#** \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_  
 Title \_\_\_\_\_ Fee \_\_\_\_\_

**3rd Course:#** \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_  
 Title \_\_\_\_\_ Fee \_\_\_\_\_

Members only: UCare ID# \_\_\_\_\_ UCare Member Discount \_\_\_\_\_

TOTAL \_\_\_\_\_

**Make check payable to ISD 197. If paying by credit card, fill out information below:**

Charge my:  Visa  MasterCard Payment Amount \$ \_\_\_\_\_

Card Number: \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_

Cardholder's Signature \_\_\_\_\_

Office use only: Check# \_\_\_\_\_ Amt. encl. \_\_\_\_\_ Date \_\_\_\_\_

# Look Inside... There's something for everyone!

- 3 Facilities Referendum
- 3 Exciting Fall Activities
- 5 Family Activities
- 6 Cooking & Kitchen Art
- 7 Fitness, Wellness & Dance
- 11 Personal Enrichment
- 15 Home & Garden
- 18 Arts & Crafts
- 20 Can't find What You Are Looking For?
- 21 Town Square Television
- 22 Access Project  
Program for Adults with Disabilities
- 22 Data Privacy & Nondiscrimination
- 23 South Suburban Adult Basic Education
- 24 Thompson Park Activity Center  
Program for Older Adults
- 30 Early Learning Programs
- 31 Swimming Lessons
- 33 Swimming Lesson Registration
- 34 Facilities
- 35 Eagan Parks & Recreation
- 37 Driver Education Program
- 38 Policies & information
- 39 Adult Program Registration

*ISD 197 invites kids of all ages to a ...*

## **Back to School** *Free Special Event* **Friday, September 10, 2004** **6:00 pm-8:30 pm**

Heritage Middle School  
121 W. Butler Ave., West St. Paul

Open Swim & Open Gym

**Dollar Dogs**  
(hot dogs with all the trimmings)

Quarter Pops

**Mini Classes**  
demonstrations, face painting, felting, karate

Create a Cookie

**Karaoke**

Community Education Registration Booth

**Information on Facilities Referendum**

**This is a Free event!**

Register by calling ISD 197  
Community Education 651-681-2389  
by Friday, September 3. Children must be accompanied by an adult.

**Proudly serving the communities of...** Eagan, Inver Grove Heights, Lilydale, Mendota, Mendota Heights, Sunfish Lake and West St. Paul

**Independent School District 197**  
Community Education  
1897 Delaware Avenue  
Mendota Heights, MN 55118



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